



PEOPLE'S WELFARE SOCIETY'S, NAGPUR

INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR - 441 501. Dist.- NAGPUR

Hon. Dr. Madhukarrao Wasnik
Chairman (Ex. MLC)

Dr. A.K. Chikate
Principal

Ref.No. IGACCK / No.:

Date :

NAAC 2023/ Metrics Level Deviations/Cr5-2

Date: 07/08/2023

Criteria 5.1.2:	Following capacity development and skills enhancement activities are organized for improving students' capability 1. Soft skills 2. Language and communication skills 3. Life skills (Yoga, physical fitness, health and hygiene) 4. ICT/computing skills
Findings of DVV	Kindly Provide :- HEI needs to provide the details /supporting documents as per NAAC SOP. HEI needs to provide detailed report of each program including Circular /Brochure or office order, Attendance sheets, Photographs, Curriculum, course Content, Sample Certificate of attendance etc. for programs claimed
Response/ Clarification	1) Circular/brochure/report of the event/ activity report of all the schemes listed above including photographs with date and caption, count of students enrolled is attached as per schemes listed above. (Appendix-I)

IQAC Co-ordinator
Indira Gandhi Arts & Comm. College
Kalmeshwar, Nagpur.



Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

Appendix-I

Soft skills



PEOPLE'S WELFARE SOCIETY'S, NAGPUR
INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR - 441 501. Dist.- NAGPUR

Hon. Dr. Madhukarrao Wasnik
Chairman (Ex. MLC)

Dr. A.K. Chikate
Principal

Ref.No. IGACCK / No.:

Date :

प्रति,

डॉ. निशा कळंबे

अर्थशास्त्र विभाग प्रमुख

इंदिरा गांधी कला वाणिज्य महाविद्यालय कळमेश्वर

विषय - Value added course कार्यक्रमांतर्गत कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर प्रमाणपत्र अभ्यासक्रम सुरु करण्याची परवानगी देण्याबाबत.

संदर्भ - 2 मार्च 2023 चे आपले पत्र.

बी.ए. तृतीय वर्षाच्या विद्यार्थ्यांसाठी अर्थशास्त्र विभागातर्फे आपण "कम्प्युटर टायपिंग आणि डी.टी.पी." या विषयावर प्रमाणपत्र अभ्यासक्रम सुरु करण्याची परवानगी मागितली आहे. विद्यार्थ्यांना कम्प्युटरचा योग्य व अधिक कार्यक्षम वापर कसा करावा या दृष्टीने 30 तासिकांचा अभ्यासक्रम सुरु करणे योग्य आहे. या पत्रान्वये प्रस्तुत अभ्यासक्रम 2022-23 या सत्रात सुरु करण्याची परवानगी अर्थशास्त्र विभागाला देण्यात येत आहे.

प्राचार्य

(डॉ. अजय चिकाटे)

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

प्रति,

मा. प्राचार्य

इंदिरा गांधी कला व वाणिज्य महाविद्यालय, कळमेश्वर

विषय - अर्थशास्त्र विभागातर्फे कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर Value Added Course अंतर्गत प्रमाणपत्र सुरु करण्याची परवानगी मिळण्याबाबत.

महोदय,

विद्यार्थ्यांना कम्प्युटरचा योग्य व अधिक कार्यक्षम वापर कसा करावा याची माहिती व्हावी या दृष्टीने बी.ए. तृतीय वर्षाच्या विद्यार्थ्यांकरिता सत्र 2022-23 मध्ये अर्थशास्त्र विभागाने कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर प्रमाणपत्र अभ्यासक्रम आयोजित करण्याचे ठरविले आहे. येत्या 6 मार्च 2023 ते 24 मार्च 2023 या कालावधीत प्रमाणपत्र अभ्यासक्रम सुरु करण्याची अर्थशास्त्र विभागाला परवानगी द्यावी ही विनंती.

धन्यवाद

दिनांक -03/03/2023

स्थल- कळमेश्वर

आपली विश्वासू

Academy

(डॉ. निशा कळंबे)

olc

[Signature]

Principal
Indira Gandhi Arts-Comm. College
Kolamshwar.

इन्दिरा गांधी कला - वाणिज्य महाविद्यालय कळमेश्वर
सत्र 2022-23

अर्थशास्त्र विभाग

बी.ए. तृतीय वर्षाच्या सर्व विद्यार्थ्यांना सूचित करण्यात येत आहे की, अर्थशास्त्र विभागाने कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर Value Added Course अंतर्गत प्रमाणपत्र सुरु केला आहे. विद्यार्थ्यांना या अभ्यासक्रमासाठी आपली नावे नोंदवायची आहेत त्यांनी अर्थशास्त्र विभाग प्रमुख डॉ. निशा कळंबे यांच्याकडे आपली नावे 04 मार्च 2023 पर्यन्त संपर्क करावा.

प्रमाणपत्र अभ्यासक्रम दिनांक 06 मार्च 2023 ते 24 मार्च 2023 या कलावधीत होईल .



डॉ. निशा कळंबे

अर्थशास्त्र विभाग प्रमुख

**INDIRA GANDHI ARTS & COMMERCE COLLEGE,
KALMESHWAR, DIST- NAGPUR**

ECONOMICS DEPARTMENT

COMPUTER TYPING & D.T.P. CERTIFICATE COURSE

TIME TABLE : 06/03/2023 - 24/03/2023

6

TIME	DAY
11:30 to 1:30	MONDAY, TUESDAY, WEDNESDAY, THIRSDAY, FRIDAY, SATURDAY

5

Course name - Computer Typing & D.T.P.

COURSE OBJECTIVES -

- (1) To understand how to use computers properly and more efficiently.
- (2). D. T. P. To introduce various software on the reference computer
- (3) Practicing computer usage and typing in English language,
- (4) To understand how to use computer in Devanagari script.
- (5) To practice typing in Marathi/Hindi language.

Curriculum

Sr. N.	Main Topic / Sub Topic	Theory	Practicle	Total
01	Computer Introduction Emergence and History of Computer Weapons Different types and functions of computers Computers The need of today	1		1
02	proper use of computers How to use a computer Different parts of computer and their function Proper use of different parts of computer Input devices Key board (Input devices Mouse Input devices are scanners and multimedia output devices are screens Output devices are printers and disk writers	1 1 1 1 1		1 1 1 1 1
03	Take care of while using the computer How lighting should be in the computer room	1		1

	Where and how the computer should be placed	1		1
	The environment around the computer should be taken			

Sr. No.	Main Topic / Sub Topic	Theory	Practicle	Total
04	Seating arrangement while using computer	1	2	
	How to use the mouse correctly	1	2	
	How to use the keyboard correctly	1		
	Various computer software			
	What is software?	1		
	Software requirements		1	
	Different types of DTP software			
05	Computer and Information Science			
	Computer and Information Science	1		1
	Internet and Information Collection	1		1
	Distribution of Information on the Internet	1		
	Various uses of the Internet			
06	Computer usage			
	Various uses of computer	1		
	Introduction to Microsoft Office	1	2	1
	Microsoft Word and its use	1	2	3
	Microsoft Excel and its uses	1	2	3
07	Computers and data entry			
	Data entry in English on computer	1	2	3
	English Keyboard Introduction	1	2	3

08	English Typing Method Typing tutor	1	2	3
	Typing practice in Marathi/Hindi or Devanagari script		10	11
	Various software in Devanagari script	1		
	Shree Lipi Software Other Devanagari Software of Modular System	1	1	2
	C DAC's I Software	1	1	2

Sr. No.	Main Topic / Sub Topic	Theory	Practicle	Total
09	Mr. Lippi and his software			
	Introduction to Ankur Software	1	2	
	Devaratna Professional Software	1	2	
	Devanagari Word Processor 'Patrika' Introduction Using Patrika Software	1	11	12
10	DTP			
	What is DTP & its introduction.	1	1	2
	Introduction to software for practicle	1	1	2
	Total	30	55	58

Job and business opportunities-

1. Starting a local freelance data entry business.
2. Working on the data layout of the book.
3. Carrying out data entry work for a large publishing house.
4. Working as a computer operator in a company.
5. Doing small designing work.
6. Typing work in Marathi/Hindi language.
7. Working on designing independently.
8. Doing 'pre press' work in printing sector.
9. Performing data processing
10. Working of publications and periodicals.

**INDIRA GANDHI ARTS & COMMERCE COLLEGE,
KALMESHWAR, DIST- NAGPUR**

**Session 2022-2023
DEPARTMENT- ECONOMICS
Certificate course for B.A. final student**

Course name - Computer Typing & D.T.P.

Introduction -

Typing is the process of writing or inputting text by pressing keys on a typewriter, computer keyboard, mobile phone or calculator. It can be distinguished from other means of text input, such as handwriting and speech recognition. Text can be in the form of letters, numbers and other symbols. The world's first typist was Lillian Sholes from Wisconsin in the US the daughter of Christopher Sholes, who invented the first practical typewriter. User interface features such as spell checker and autocomplete serve to facilitate and speed up typing and to prevent or correct errors the typist may make.

Desktop Publishing (DTP) is the creation of electronic forms of information such as documents, presentations, brochures, books, or even website content using computer programs. DTP has evolved to be an important component of creating and disseminating information as it allows an amalgamation of various tasks that are generally performed independently at printing presses such as layouts, typesetting, graphic design, etc.

What is the objective of typing skills?

Objectives

- Increase typing speed.
- Increase spelling accuracy.
- Become more familiar and competent in using the keyboard.

STANDARD 1 : Students will understand the process of planning a document.

1 Students should understand the importance of preplanning a document in terms of audience, purpose, timeline, budget, page arrangement, and production method.

2 Students will use guides, grids, and columns to set up their documents as a way to create consistency and unity.

3 Students will understand that master pages are used to create consistency and increase productivity.

4 Students will understand that headers and footers contain recurring information and that they are used to help organize a publication.

5 Students will understand that slug space is a space outside the printed area in which you can place instructions that stay with our document.

STANDARD 2 : Students will expand on typography and design principles learned in DTP .

1 Students will develop an understanding of basic desktop publishing terminology (see teacher helps vocabulary list).

2 Students will understand that fonts can be used to portray the mood or message of a publication.

3 Students will use styles and style sheets for consistency and productivity within a publication.

4 Students will understand how to create type on and edit text paths.

5 Students will understand how to thread and flow text/frames.

6 Students will understand how to create pull quotes to enhance a document.

7 Students will understand the appropriate use of captions.

8 Students will understand the purpose and difference between the em dash and en dash.

9 Students will recognize widows, orphans, and ragged lines and use kerning, tracking, and proper hyphenation to correct them.

STANDARD 3 : Students will understand the proper use of color in publications.

1 Students will understand that there are two ways that color is added to a printed page: process color and spot color.

2 Students will create variations of color using tint, patterns, gradients, and opacity.

3 Students will understand the difference between the screen color (monitor vs. printed document) and print color.

STANDARD 4 : Students will optimize images to enhance publications.

1 Students will understand the file extensions that are compatible with professional desktop software.

2 Students will understand how to use standoff space.

3 Students will determine whether an image is acceptable for print based on its resolution. Objective 4 Students will create frames using different shapes and sizes.

5 Students will be able to resize an object while maintaining aspect ratio.

6 Students will learn touch-up techniques to enhance images.

STANDARD 5 : Students will demonstrate an understanding of ethics related to the use of images and text.

1 Students will understand the difference between royalty-free and copyrighted images and text.

2 Students will understand the process of obtaining and citing permission for copyrighted works.



GPS Map Camera

Nagpur, Maharashtra, India

4345+H2V, Khajla, Nagpur, Maharashtra 440025, India

Lat 21.106577°

Long 79.05768°

15/03/23 11:24 AM GMT +05:30





Nagpur, Maharashtra, India

4345+H2V, Khamla, Nagpur, Maharashtra 440025, India

Lat 21.106595°

Long 79.057598°

29/03/23 10:37 AM GMT +05:30

Google



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./M/s./K/s. Balajitsingh Nirankar
Singh Bawri of class B.A. Final Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in Computer Typing & D.T.P.
during 06.03.2023 to 24.03.2023

Date: 24.03.2023

Acalambe
Co-ordinator

Shirak
Principal



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./M/s./Ku. Shweta Narayan
Khadse of class B.A. Final Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in Computer Typing & D.T.P.
during 06.03.2023 to 24.03.2023

Date: 24.03.2023

Neelambe
Co-ordinator

Pratik
Principal

Language and communication skills



PEOPLE'S WELFARE SOCIETY'S, NAGPUR
INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR - 441 501. Dist.- NAGPUR

Hon. Dr. Madhukarrao Wasnik
Chairman (Ex. MLC)

Dr. A.K. Chikate
Principal

Ref.No. IGACCK / No.:

Date : 26.12.22

प्रति,
डॉ. हेमंतकुमार बागडे
मराठी विभागप्रमुख
इंदिरा गांधी कला-वाणिज्य महाविद्यालय,
कळमेश्वर

विषय : मराठीची प्रमाणभाषा व बोलीभाषा या विषयावर प्रमाणपत्र अभ्यासक्रम सुरू करण्याची परवानगी प्रदान करण्याबाबत

संदर्भ : २४ डिसेंबर २०२२ चे आपले पत्र

बी.ए. प्रथम व बी.कॉम. प्रथम वर्षाच्या विद्यार्थ्यांसाठी मराठी विभागातर्फे आपण “मराठीची प्रमाणभाषा व बोलीभाषा” या विषयावर Value Added Programme अंतर्गत प्रमाणपत्र अभ्यासक्रम सुरू करण्याची परवानगी मागितली आहे. विद्यार्थ्यांच्या मनातील भाषिक न्यूनगंड दूर होऊन त्यांना बोली व प्रमाण भाषेची माहिती व्हावी या दृष्टीने असा अभ्यासक्रम सुरू करणे योग्य आहे. या पत्रान्वये प्रस्तुत अभ्यासक्रम २०२२-२३ या सत्रात सुरू करण्याची परवानगी मराठी विभागाला देण्यात येत आहे.

प्राचार्य
A.K. Chikate
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

प्रति,
मा. प्राचार्य
इंदिरा गांधी कला-वाणिज्य महाविद्यालय,
कळमेश्वर

विषय : मराठी विभागातर्फे “मराठीची प्रमाणभाषा व बोलीभाषा” या विषयावर प्रमाणपत्र अभ्यासक्रम सुरु करण्याची परवानगी मिळण्याबाबत

महोदय,

विद्यार्थ्यांच्या मनातील भाषिक न्यूनगंड दूर होऊन त्यांना बोली व प्रमाण भाषेची माहिती व्हावी या दृष्टीने बी.ए. प्रथम व बी.कॉम. प्रथम वर्षाच्या विद्यार्थ्यांसाठी सत्र २०२२-२३ मध्ये मराठी विभागाने “मराठीची प्रमाणभाषा व बोलीभाषा” या विषयावर प्रमाणपत्र अभ्यासक्रम आयोजित करण्याचे ठरविले आहे. येत्या ९ जानेवारी २०२३ पासून प्रस्तुत प्रमाणपत्र अभ्यासक्रम सुरु करण्याची मराठी विभागाला परवानगी द्यावी ही विनंती.

धन्यवाद.

कळमेश्वर

दिनांक : २४ डिसेंबर २०२२

आपला विश्वासू



डॉ. हेमंतकुमार बागडे
मराठी विभागप्रमुख

प्रति,
मा. प्राचार्य
इंदिरा गांधी कला-वाणिज्य महाविद्यालय,
कळमेश्वर

विषय : मराठी विभागातर्फे “मराठीची प्रमाणभाषा व बोलीभाषा” या विषयावर प्रमाणपत्र
अभ्यासक्रम सुरू करण्याची परवानगी मिळण्याबाबत

महोदय,

विद्यार्थ्यांच्या मनातील भाषिक न्यूनगंड दूर होऊन त्यांना बोली व प्रमाण भाषेची माहिती
व्हावी या दृष्टीने बी.ए. प्रथम व बी.कॉम. प्रथम वर्षाच्या विद्यार्थ्यांसाठी सत्र २०२२-२३ मध्ये
मराठी विभागाने “मराठीची प्रमाणभाषा व बोलीभाषा” या विषयावर प्रमाणपत्र अभ्यासक्रम
आयोजित करण्याचे ठरविले आहे. येत्या ९ जानेवारी २०२३ पासून प्रस्तुत प्रमाणपत्र अभ्यासक्रम
सुरू करण्याची मराठी विभागाला परवानगी द्यावी ही विनंती.

धन्यवाद.

कळमेश्वर
दिनांक : २४ डिसेंबर २०२२

आपला विश्वासू



डॉ. हेमंतकुमार बागडे
मराठी विभागप्रमुख

इंदिरा गांधी कला-वाणिज्य महाविद्यालय, कळमेश्वर

सत्र २०२२-२३

मराठी विभाग

वी.ए. प्रथम व वी.कॉम. प्रथम वर्षाच्या विद्यार्थ्यांसाठी प्रमाणपत्र अभ्यासक्रम

वी.ए. प्रथम व वी.कॉम. प्रथम वर्षाच्या सर्व विद्यार्थ्यांना सूचित करण्यात येते की, मराठी विभागाने “मराठीची प्रमाणभाषा व बोलीभाषा” या विषयावर Value Added Programme अंतर्गत प्रमाणपत्र अभ्यासक्रम आयोजित केला आहे. ज्या विद्यार्थ्यांना या अभ्यासक्रमासाठी आपली नावे नोंदवायची आहेत त्यांनी मराठी विभागप्रमुख डॉ. हेमंतकुमार बागडे यांच्याशी दि. ०५ जानेवारी २०२३ पर्यंत संपर्क साधावा.

दि. २६ डिसेंबर २०२२



डॉ. हेमंतकुमार बागडे
मराठी विभागप्रमुख

☎: 07118-271393



PEOPLE'S WELFARE SOCIETY'S, NAGPUR
INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR - 441 501. Dist.- NAGPUR

Hon. Dr. Madhukarrao Wasnik
Chairman (Ex. MLC)

Dr. A.K. Chikate
Principal

Ref.No. IGACCK / No.:

Date : 05.01.23

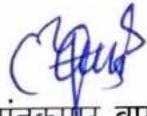
मराठी विभाग

“मराठीची प्रमाणभाषा व बोलीभाषा” प्रमाणपत्र अभ्यासक्रम

वेळापत्रक २०२२-२०२३ ९ जानेवारी २३ ते ११ फेब्रुवारी २३

वेळ	दिवस
सकाळी ११.३० ते दु. १.००	सोमवार, मंगळवार, शुक्रवार, शनिवार

टीप : वेळापत्रकात ऐनवेळी मराठी विभागातर्फे आवश्यक कारणासाठी बदल होऊ शकतात. तशी सूचना विभागाद्वारे विद्यार्थ्यांना दिली जाईल.


डॉ. हेमंतकुमार बागडे
मराठी विभागप्रमुख

पीपल्स वेलफेअर सोसायटी, नागपूर
इंदिरा गांधी कला-वाणिज्य महाविद्यालय, कळमेश्वर

सत्र २०२२-२३

बी.ए. प्रथम व बी.कॉम. प्रथम वर्षाच्या विद्यार्थ्यांसाठी प्रमाणपत्र अभ्यासक्रम

विभाग : मराठी

विषय : मराठी

Name of Course

अभ्यासक्रमाचे नाव : मराठीची प्रमाणभाषा व बोलीभाषा

Introduction

प्रस्तावना :

मराठी ही महाराष्ट्राची राजभाषा आहे. भाषेच्या अभ्यासामुळे विद्यार्थ्यांची वैचारिक क्षमता वाढते. त्यांच्या जीवनदृष्टीचा आणि व्यक्तिमत्त्वाचा सर्वांगीण विकास होतो. मराठी भाषा व साहित्याच्या अभ्यासाचे हेच महत्त्व आहे. विद्यार्थ्यांची अभिरूची, आस्वादक्षमता व सौंदर्यदृष्टी विकसित करणे हे त्या त्या भाषेतील साहित्याच्या अभ्यासाचे उद्दिष्ट असते. साठोत्तरी साहित्यात बोलीतून अनेक प्रकारचे प्रादेशिक साहित्य पुढे आले.

कला शाखेत प्रवेश घेणाऱ्या विद्यार्थ्यांच्या मनातील शुद्ध व अशुद्ध भाषा असे वर्गीकरण बदलून त्याजागी प्रमाण व बोलीभाषा अशी विभागणी निर्माण व्हायला हवी. तसेच त्या प्रादेशिक साहित्याचा आस्वाद घेण्यासाठी महाराष्ट्रातील विविध बोली भाषेचा परिचय व्हावा; तसेच मराठी भाषेविषयी माहिती देण्याच्या उद्देशाने प्राचार्यांच्या परवानगीने बी. ए. प्रथम व बी. कॉम. प्रथम वर्षासाठी या 'मराठीची प्रमाणभाषा व बोलीभाषा' या अभ्यासक्रमाची निर्मिती करण्यात आली. हा प्रमाणपत्र अभ्यासक्रम जानेवारी व फेब्रुवारी २०२३ असे दोन महिने दुसऱ्या सत्रात राबविण्यात येणार आहे.

आजचे कलाशाखेचे विद्यार्थी उद्या स्पर्धा परीक्षांचे विद्यार्थी, शिक्षक, पत्रकार, साहित्यिक, संशोधक, विविध कार्यालयात काम करणारे कर्मचारी, मुद्रितशोधक अशा वेगवेगळ्या क्षेत्रात कार्यरत राहतील. त्यांच्यासाठी तसेच निर्दोष मराठी लेखन, भाषण व संभाषण करण्यासाठी हा अभ्यासक्रम उपयोगाचा ठरेल.

Objectives

उद्दिष्टे :

१) भाषेतील शुद्ध-अशुद्ध हा भेद आता मिटला आहे. साठोत्तरी साहित्यात बोलीतून अनेक प्रकारचे प्रादेशिक साहित्य पुढे आले. त्या साहित्याचा आस्वाद घेण्यासाठी विद्यार्थ्यांना

- महाराष्ट्रातील विविध बोली भाषांचा परिचय व्हावा.
- २) महाविद्यालयातील विद्यार्थी ग्रामीण भागातील आहेत. त्यांची भाषा ही प्रामुख्याने बोलीभाषा आहे. त्यामुळे त्यांच्यामध्ये स्वतःच्या भाषेविषयी न्यूनगंड असतो. हा न्यूनगंड दूर होऊन त्यांचा भाषिक आत्मविश्वास वाढावा.
- ३) मराठी साहित्यात प्रमाण व बोली भाषा अशा दोन्ही भाषेतील साहित्य आहे. त्यामुळे त्या त्या भाषेच्या साहित्यातील संपन्न आणि समृद्ध भाषेच्या साक्षात्कारासाठी दोन्हीमधील भेद कळणे आवश्यक असतो. या भेदाचा नीट अभ्यास होणे.
- ४) स्वतःच्या बोलीचा अभिमान असण्यासोबतच प्रमाण भाषेचे महत्त्वही विद्यार्थ्यांना कळावे.

Eligibility

पात्रता :

बी. ए. प्रथम व बी. कॉम. प्रथम वर्षाचे विद्यार्थी

Enrolment

प्रवेश मर्यादा :

कमाल २४० विद्यार्थी

Duration and teaching hours

कालावधी व शिकविण्याचे तास :

२० दिवस. प्रत्येक दिवशी दीड तास (०९ जानेवारी ते ११ फेब्रुवारी २०२३)

Examination

परीक्षा :

५० गुणांची परीक्षा घेतली जाईल. त्यात तोंडी व लेखी असे दोन भाग असतील. विद्यार्थ्यांना मिळणाऱ्या अंतिम श्रेणीची विभागणी खालीलप्रमाणे राहिल.

अ.क्र.	गुणवत्ता	श्रेणी	गुण
१	अव्वल	O Grade	७० % च्या वर
२	प्रथम श्रेणी	A Grade	६० % ते ७० %
३	द्वितीय श्रेणी	B Grade	५० % ते ६० %
४	उत्तीर्ण	C Grade	४० % ते ५० %
५	अनुत्तीर्ण	F Grade	४० % च्या खाली

Syllabus

अभ्यासक्रम :

घटक- १ (एकूण १२ तास/ ८ दिवस)

- १) अभ्यासक्रमाचा परिचय व रुपरेषा (दीड तास)
- २) भाषेचे स्वरूप व स्थूल वैशिष्ट्ये (दीड तास)
- ३) भाषेची उत्पत्ती व भाषेचे कार्य (तीन तास)
- ४) मराठी भाषेचा परिचय (दीड तास)
- ५) मराठी भाषेची उत्पत्ती व इतिहास (तीन तास)
- ६) जीवनाच्या विविध क्षेत्रात भाषेचा वापर (दीड तास)

घटक- २ (एकूण ९ तास/ ६ दिवस)

- १) प्रमाणभाषा व बोली भाषा : परस्पर संबंध (दीड तास)
- २) बोली म्हणजे काय? बोली : कल्पना व वास्तव (तीन तास)
- ३) बोलीतील विविध साहित्य (दीड तास)
- ४) महाराष्ट्रातील विविध बोली (तीन तास)

घटक- ३ (एकूण ९ तास/ ६ दिवस)

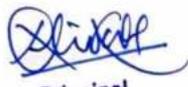
- १) प्रमाणभाषेचे वैशिष्ट्य व गरज (दीड तास)
- २) शब्दकोशाचा वापर व शब्दसंग्रह (दीड तास)
- ३) विरामचिन्हे व मराठी व्याकरणाचा परिचय (तीन तास)
- ४) प्रमाणलेखन विषयक नियम व लेखन पद्धती (शुद्धलेखन) (दीड तास)
- ५) कृतिसत्र, प्रश्नोत्तरे, गृहपाठ, तोंडी व लेखी परीक्षा (दीड तास)

समारोप व प्रमाणपत्र वितरण

संदर्भ :

- १) प्राचीन मराठी वाङ्मयाचा इतिहास / नसिराबादकर
- २) मराठी व्याकरण व लेखन / वाळिंबे
- ३) 'म' मराठीचा / डॉ. शशिकांत भुजाडे
- ४) भाषाशास्त्र / प्रा. आनंद भंडारे
- ५) मराठीचे प्रमाणलेखन




Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./Mrs./Ku. शबनम कुनोज इवाही
शेख of class बी.ए. भाग-३ Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in मराठीची प्रमाणभाषा व बोलीभाषा
during ०९.०९.२३ ते ११.०२.२३

Date: ११.०२.२०२३

Co-ordinator

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./Mrs./Ku. साक्षी अशोक बांधे
..... of class बी. कॉम. भाग-१ Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in मराठीची प्रमाणभाषा व बोलीभाषा
during ०९.०९.२३ ते ११.०२.२३

Date: ११.०२.२०२३


Co-ordinator


Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

☎: 07118-271393



PEOPLE'S WELFARE SOCIETY'S, NAGPUR
INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR - 441 501. Dist.- NAGPUR

Hon. Dr. Madhukarrao Wasnik
Chairman (Ex. MLC)

Dr. A.K. Chikate
Principal

Ref.No. IGACCK / No.:

Date :

To,

Dr. Naseem Ahmad,
Head Of Department of Commerce,
Indira Gandhi Arts & Commerce College,
Kalmeshwar, Nagpur.

Sub : To get permission to start certificate course on the subject of 'Certificate Course in Spoken English' under value added program.

Reference : Your letter on dated 25/02/2023

Department of Commerce has requested permission to start certificate course on the subject 'Certificate course in spoken English' under the value added program for B.Com final year students to speak and understand English language is necessary. In this view, such course is proper to start. So, we are given permission to the department of commerce to start this course.

Date: 25/02/2023

Principal

Dr. Ajay Chikate

Ajay Chikate

Principal

Indira Gandhi Arts-Comm. College
Kalmeshwar.

INDIRA GANDHI ART & COMMERCE COLLEGE, KALMESHWAR

Session 2022-23

Department of Commerce

This is to informed that for B.com final year students, the Department of Commerce has organized a certificate course on "**Certificate Course in Spoken English**" on those students who want to resister their names for this course should contact Dr. Naseem Ahmad Sir Head of Department of Commerce by 01/03/2023

Date: 01/03/2023

Dr. Naseem Ahmad


HoD Of Commerce

People's Welfare Society

Nagpur

Indira Gandhi Arts & commerce College

Kalameshwar

Department of Commerce

"Certificate Course in spoken English" under value aided program.

Time table :- 2022-23

From 03/03/2023 to 23/03/2023

Time	Date
Morning 11.00 am to 12.30pm.	Mon. Tue. Wed. Thus. Fri. Sat.

Note :- This scheduled may be changed from time to time by department of commerce for necessary reasons. Such notice will be given to the students by department.

Date 23/03/2023


Dr. Naseem Ahmed

Hod Of Commerce

AIMS AND OBJECTIVES OF SPOKEN ENGLISH

- 1) To enable the learner to communicate effectively and appropriately in real life Situation.
- 2) To use English effectively for study purpose across the curriculum.
- 3) To develop interest in and appreciation of Literature.
- 4) To develop and integrate use of the four language skills i.e. Reading, Listening, speaking and writing.
- 5) To enable the students comprehend the spoken form.
- 6) To develop students ability to use English in day to day life and real life situation.
- 7) To understand the written text and able to use skimming, scanning skills.
- 8) To write simple English its express ideas.
- 9) To revise and reinforce structure already learnt.



GPS Map Camera

Kalameshwar, Maharashtra, India

6WP6+WXM, Kalameshwar, Maharashtra

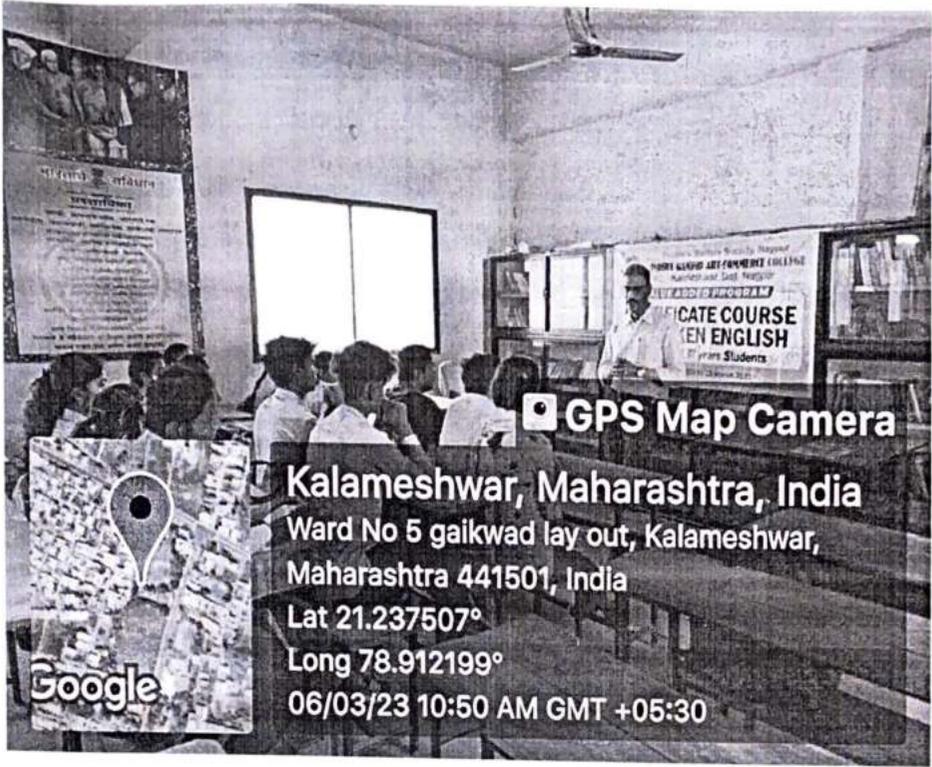
441501, India

Lat 21.237471°

Long 78.912177°

06/03/23 10:52 AM GMT +05:30

Google



GPS Map Camera

Kalameshwar, Maharashtra, India
Ward No 5 gaikwad lay out, Kalameshwar,
Maharashtra 441501, India
Lat 21.237507°
Long 78.912199°
06/03/23 10:50 AM GMT +05:30



86	SNEHA TEJRAM BAHDURE	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh
87	SONAL GOPALJI TULE	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule	Sonal Tule
88	SONALI VITTHAL PAL	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal	S Pal
89	SONU DEVRAO WAGHMARE	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu	Sonu
90	SUCHITA SUKHARAM SHARNAGAT	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S
91	SUKANYA BABARAOJI RAUT	S Raut	S Raut	-	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut	S Raut
92	SUWASNI VITTHAL NAHANE	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi	Suwashi
93	TANNU GOVARDHAN RAI	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu
94	TANUSHRI PRABHAKAR AMBULKAR	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am	T.Am
95	TEJASWINI DAMODHAR DHOTE	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D	T.D
96	TRUPTI JAGDISHRAO MANKAR	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M	T.M
97	VAIBHAV RATNAKAR GAHUKAR	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	-	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar	V.Gahukar
98	VAIBHAV VYANKATRAO DAKHARE	V.Dakhar	-	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar	V.Dakhar
99	VAISHNAVI LAXMANRAO VAIDYA	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V
100	VAISHNAVI ARUN GUDAHDE	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G	V.G
101	VIDYA SURENDRA INGLE	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle	V.Ingle
102	VIKRAM JAGMAL CHAVHAN	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch	V.Ch
103	VINAY OMKARESHWAR NERKAR	V.Ner	V.Ner	V.Ner	V.Ner	-	V.Ner	V.Ner	V.Ner	V.Ner	V.Ner	V.Ner	V.Ner	V.Ner	V.Ner	V.Ner	V.Ner
104	YAMINI DEVRAO PANDE	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P	Y.P
105	YASHODA HARISHCHANDRA NIKHADE	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik	Y.Nik

Co-Ordinator

Dr. Naseem Ahemad

Principal

Dr. Ajay Chikate



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./Mrs./Ku. Rani Nagoraji Nimbalkar
..... of class B. Com. Final Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in Spoken English
during 03 March To 23 March 2023

Date : 24/03/2023


Coordinator


Principal



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

*This Certificate is awarded to Mr./Mrs./En. Ravi Brijlal Patel.....
..... of class B. Com. Final..... Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in Spoken English.....
during 03. March To 23 March 2023.....*

Date: 24/03/2023


Co-ordinator


Principal

Life skills

**Academic Year
2021-22**

PEOPLE'S WELFARE SOCIETY'S, NAGPUR
INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
 Chairman

KALMESHWAR-441 501, Dist. - NAGPUR

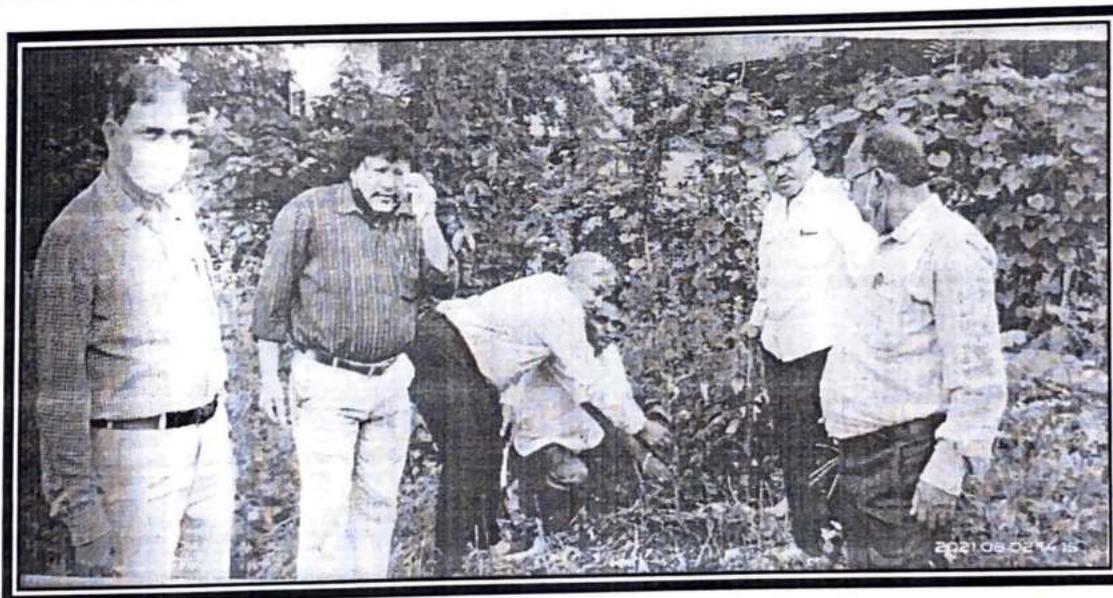
Dr. Ajay Chikate
 Principal

e-mail : igckcollege@gmail.com

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ACTIVITY REPORT

Academic Year	:	2021-22
Name of Activity	:	Tree Plantation
Date of the Activity	:	02.08.2021
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS UNIT of Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has been organized a Tree Plantation. The camp has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity the has student planted tree.



M. Dholy
 IQAC Coordinator

A. Chikate
 Principal
 Indira Gandhi Arts-Comm. College
 Kalmeshwar.

INDIRA GANDHI ARTS AND COMMERCE COLLEGE

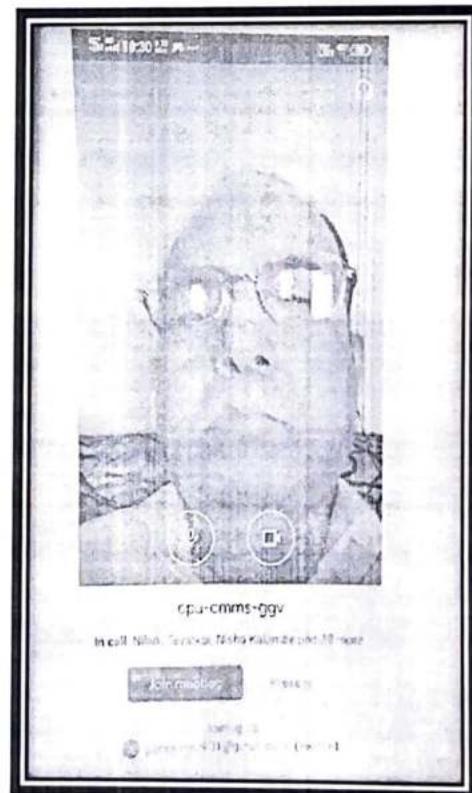
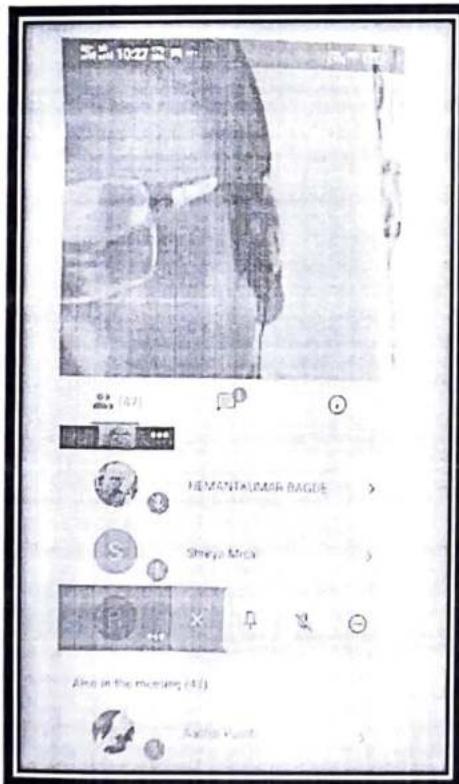
KALMESHWAR-441 501, Dist. - NAGPUR Dr. Ajay Chikate
PrincipalHon. Dr. Madhukarrao Wasnik
Chairman

e-mail : igckcollege@gmail.com

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ACTIVITY REPORT

Academic Year	:	2021-22
Name of Activity	:	NSS Foundation Day
Date of the Activity	:	24.09.2021
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has been organized NSS Foundation Day. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity the focus is given on what is the work of NSS? Why student should participate in activities of NSS? etc



M. D. Wasnik
IQAC Coordinator

Ajay Chikate
Principal
Principal
Indira Gandhi Arts-Comm. College,
Kalmeshwar.



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Chairman

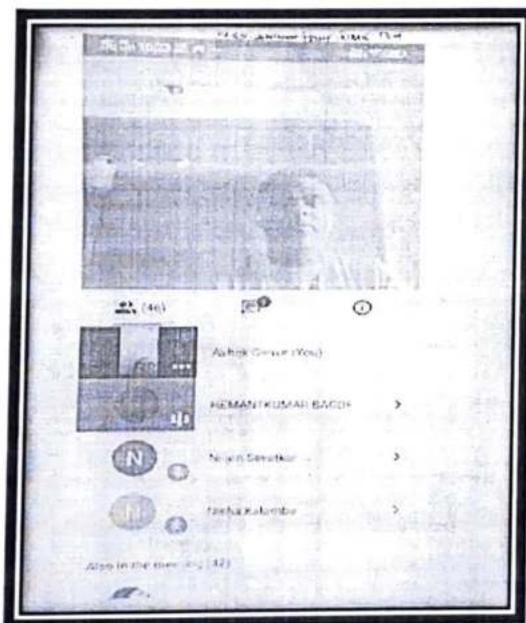
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Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2021-22
Name of Activity	:	Teachers Day
Date of the Activity	:	05.09.2021
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to celebrate the ideal role has a teacher which they play in the student's life. With this motto, the NSS Unit of Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has been organized Teachers Day. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.



(Signature)
IQAC Coordinator

(Signature)
Principal
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
Chairman

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate
Principal

e-mail : igckcollege@gmail.com

ACTIVITY REPORT

Academic Year	:	2021-22
Name of Activity	:	Constitution Day
Date of the Activity	:	26.11.2021
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	250
Brief Report	:	The aim of this activity is to aware about the constitution. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 250 students has been organized 'The Constitution Day'. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.






IQAC Coordinator


Principal
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

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Chairman

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e-mail : igckcollege@gmail.com

Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2021-22
Name of Activity	:	Covid-19 Immunization Camp
Date of the Activity	:	28.10.2021
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit and Sports Department of Indira Gandhi Arts & Commerce College, Kalmeshwar and Nagar Parishad, Kalmeshwar
Number of Student	:	250
Brief Report	:	The aim of this activity is to reduce the spreading of the pandemic and further reducing the associated diseases and deaths. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 250 students has been organized Covid-19 Immunization Camp. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.





IQAC Coordinator

Principal

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
Chairman

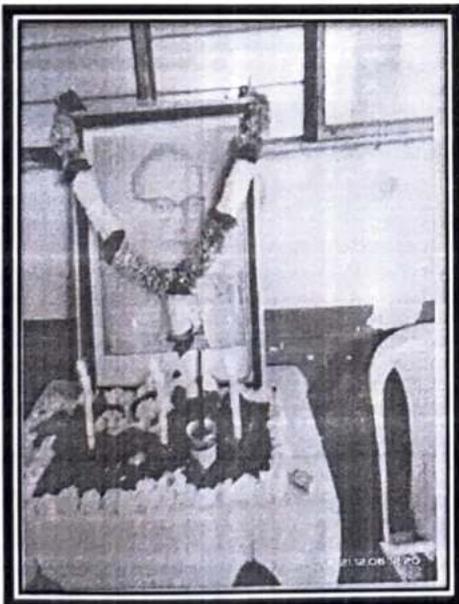
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e-mail : igckcollege@gmail.com

Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2021-22
Name of Activity	:	Dr. B. R. Ambedkar Mahaparinirvana Din
Date of the Activity	:	06.12.2021
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit and Sports Department of Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	300
Brief Report	:	The aim of this activity is to know the information to students about Dr. B. R. Ambedkar works and his contribution to the nation. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 300 students has been by organized Dr. B. R. Ambedkar Mahaparinirvana Din. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.




IQAC Coordinator


Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

**Academic Year
2020-21**



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

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Chairman

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate
Principal

e-mail : igckcollege@gmail.com

ACTIVITY REPORT

Academic Year	:	2020-21
Name of Activity	:	Awareness Campaign about COVID-19
Date of the Activity	:	29/09/2020
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar.
Number of Student	:	50
Brief Report	:	The aim of this activity is to make awareness about the COVID- 19. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 50 students hs been organized COVID- 19 Campaign. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.



IQAC Coordinator

Principal
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
Chairman

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate
Principal

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ACTIVITY REPORT

Academic Year	:	2020-21
Name of Activity	:	Sanitizer Distribution
Date of the Activity	:	30/09/2020
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar.
Number of Student	:	50
Brief Report	:	The aim of this activity is to encourage to use sanitizer during COVID- 19. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 50 students has been organized COVID- 19 Campaign. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.





IQAC Coordinator

**Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.**

Mission Yuva Swasth covid-19 vaccination campaign

PWS College Kalmeshwar

Date

अ.क्र.	वर्ग	मुले	मुली	एकुण मुले-मुली	आधी १ डोज घेतलेली मुले	आधी १ डोज घेतलेल्या मुली	आधी १ डोज घेतलेली मुले+मुली	कॅम्पच्या दिवसी १ डोज घेतलेली मुले	कॅम्पच्या दिवसी १ डोज घेतलेल्या मुली	कॅम्पच्या दिवसी १ डोज घेतलेली मुले+मुली	शिल्लक राहलेली मुले	शिल्लक राहलेली मुली	शिल्लक राहलेली मुले+मुली
1	B.A.I	36	71	107	05	08	13	04	08	12	27	55	82
2	B.A.II	20	27	47	06	07	13	03	01	04	11	19	30
3	B.A.III	12	52	64	08	21	29	-	03	03	04	28	32
4	COM.I	24	68	92	19	22	41	04	06	07	04	40	44
5	COM.II	32	76	108	27	58	85	05	02	07	-	16	16
6	COM.III	44	60	104	31	52	83	03	02	05	10	06	16
7	B.Sc.I	168	354	519	106	168	264	16	22	38	56	164	220
8	B.Sc.II												
9	B.Sc.III												

डॉ. जय. अधिकारी
सामाज्य कल्याण
संयोजक
कर्मण्यो धेनुष्वयं


Program Officer
N S S, Uni.
I. G. College Kalmeshwar

**Academic Year
2019-20**



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate
Principal

Hon. Dr. Madhukarrao Wasnik
Chairman

e-mail : igckcollege@gmail.com

ACCREDITED by NAAC

ACTIVITY REPORT

Academic Year	:	2019-20
Name of Activity	:	NSS Special Camp
Date of the Activity	:	15/01/2020 to 21/01/2020
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	50
Brief Report	:	The aim of the NSS special camp is to educate the people and empower them. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 50 students has organized a special camp in Lonara. The camp has been conducted under the supervision of college management and NSS program officer Assi. Prof. Ashok Ganvir. The NSS team members divided among themselves in different groups and conducted a 7 days special camp in the village. Students conducted many activities like Gram Swacchata Awareness and Shram Dan etc

महेश्वर डोंगरे : लोणारा येथे रासेयो शिबिराचे आयोजन

सेवायोजना शिबिरातून श्रमसंस्कार रुजावेत

लोकमत न्यूज नेटवर्क

महेश्वर : श्री मंगल गावठीबाबा हे ज्या गावी जीर्णोत्थान करायचे, त्या गावाची अग्रेसर व्यक्ती करायचे व नगर स्वच्छता खाटाबाबत मागण्याच्या नेटवर्क संघटना, अज्ञान, अंध कडी, प्रचा-प्रेषण सहाय्य करणारे सार्वजनिक कार्यकर्ते, हाच घरा आजच्या तरुणांनी पुढे घालण्याच्या असून, अशा सेवा योजना शिबिरातून विद्यार्थ्यांच्या श्रमसंस्कार रुजावेत, असे प्रतिपादन महाविद्यालय अधिकाारी महेश्वर डोंगरे यांनी केले. कळमेश्वर येथील इंदिरा गांधी कला-वणिज्य महाविद्यालयाच्यावतीने लोणारा येथे आयोजित राष्ट्रीय सेवा योजना शिबिराच्या सभारोपीय कार्यक्रमात यांनी विद्यार्थ्यांशी संवाद साधला. कार्यक्रमाप्रसंगी प्राचार्य कलेंडर हांचे, उपप्राचार्य हांचे, ननेपाटे,



कार्यक्रमातून उपस्थित महाविद्यालय अधिकाारी महेश्वर डोंगरे व महेश्वर

विद्यार्थ्या अधिकाारी यशवंत निव्हाय, सार्वध सरला दुपारें उपस्थित, माहेश्वराय इंदनकर, मुळगांध्यापिका सारिक्य उकरे, राज्य वसिती, मधुसूय प्रभूय नागपुरे, प्राथमविका सायावती देवराई आदी उपस्थित होते. सत दिवसीय या शिबिरात 'साप्ताहिक

पुस्तकीतील मुक्कामे बोगदान या विषयावर प्राचार्य डॉ. राजेंद्र कलेंडरे, 'सविधानिक भारत' या विषयावर हर्षधरन डोके, 'वैज्ञानिक दृष्टिकोन व अंधश्रद्धा' या विषयावर प्राचार्य डॉ. 'स्वच्छता व आरोग्य निर्माण' या विषयावर अर्जुन खडनखेंडे यांनी मार्गदर्शन केले.

शिबिरातून शिबिराच्यावतीने साप्ताहिक कार्यक्रम व सभाज प्रयोगात्मक वाटक सादर केले. तसेच ज्योतिषकपुत्री, बेटी बचाव-बेटी पढाय, जीवालय यास, दाकडती, सुप्रधान, अंधश्रद्धा, दुष्ठाचळी आदी विषयांवर पंचनाथ सादर करून विद्यार्थ्यांशी जनजागृतीचे रेली काढली. सातही दिवस गावात श्रमदानातून स्वच्छता अधिप्यान राबविण्यात आले. कार्यक्रमाचे संपादन सुजीताय कलेंडरे यांनी तर अध्याय रोहिणी नेहरो यांनी यत्न केले.

आयोजनासाठी कार्यक्रम अधिकारी ए. आर. गणवीर, राजेश घोडव्या, डी. के. याशी, राजेंद्र मोहोडके, फरुज हाके, जितेंद्र सायबकर, राजन भगत, नृपय सायबवार, आदित्य मुन्हाडे, शहाबाज शेख, पवन परिहार, मुरत मोहनकर, उल्हास थोकर, पयुषी दुपार आदींनी सहकार्य केले.

IQAC Coordinator

Principal
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate

Hon. Dr. Madhukarrao Wasnik
Chairman

e-mail : igckcollege@gmail.com

Principal

ACTIVITY REPORT

Academic Year	:	2019-20
Name of Activity	:	International Yoga Day
Date of the Activity	:	21/06/2019
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS unit of IGACCK college kalmeshwar comprising of about 100 students has organized program. The activity has been conducted under the supervision of college principal and NSS program officer. In this program students & Staff members has performed the yoga.

कळमेश्वर

येथील इंदिरा गांधी कला-वाणिज्य महाविद्यालयात जागतिक योग दिन पार पडला. आरोग्याच्या दृष्टिकोनातून योगासनाचे महत्त्व विद्यार्थी व कर्मचाऱ्यांना प्रात्याक्षिकाद्वारे रटवून देण्यात आले. याप्रसंगी योगाचार्य अतुल शृंगारपवार यांनी विविध आसने व प्राणायाम करून दाखविले तसेच आरोग्य व आहार यावर मार्गदर्शन केले. याप्रसंगी प्राचार्य डॉ. अजेंद्र कांबळे यांनी 'कुशल चित्ताची एकाग्रता म्हणजेच योग श्रेय' असा योगाचा सोपा अर्थ सांगितला. कार्यक्रमाला प्रसंगी अधिकारी ए. आर. गणवीर, उपप्राचार्य संजय गजघाटे, डॉ. नसीम अहमद, डॉ. संजय कांडगे, प्रा.आर. सी. यासनिक, डॉ. मंजुषा ढोबळे, सर्व शिक्षक, कर्मचारी व विद्यार्थी उपस्थित होते.





INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
ChairmanKALMESHWAR-441 501, Dist. - NAGPUR
e-mail : igckcollege@gmail.comDr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2019-20
Name of Activity	:	Voter Awareness .
Date of the Activity	:	25/01/2020
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar & Tahasil Office Kalmeshwar.
Number of Student	:	100
Brief Report	:	The aim of this activity is to aware about to make voter Id card and importance of voting. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100, students has been by organized Voter Awareness Campaign. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.



IQAC Coordinator

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



IQAC Coordinator

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

**Academic Year
2018-19**



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

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Chairman

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Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	NSS Special Camp
Date of the Activity	:	29/01/2019 to 4/02/2019
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	50
Brief Report	:	The aim of the NSS special camp is to educate the people and empower them. With this motto, the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 50 students has organized a special camp in Lonara. The camp has been conducted under the supervision of college management and NSS program officer Assi. Prof. Ashok Ganvir. The NSS team members divided among themselves in different groups and conducted a 7 days special camp in the village. Students conducted many activities like Gram Swacchata Awareness and Shram Dan etc





IQAC Coordinator

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
Chairman

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate
Principal

e-mail : igckcollege@gmail.com

ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Tree Plantation
Date of the Activity	:	09-07-2018
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to protecting the environment by planting trees. With this motto. The NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar, comprising of about 100 students has organized the Plantation Program. The Plantation has been conducted under the guidance of the Principal of college and NSS program officer.



कळमेश्वर : तुळशी रोपणाच्या कार्यक्रमात सहभागी विद्यार्थिनी व तनिष्का व्यासपीठाच्या सदस्य.

विद्यार्थिनींनी केले तुळशीचे रोपण

कळमेश्वर, ता. ५ : येथील इंदिरा गांधी कला-वाणिज्य महाविद्यालय व सकाळ तनिष्का व्यासपीठाच्या संयुक्त विद्यमाने महाविद्यालयाच्या पर्यावरण विभागाच्या वतीने महाविद्यालयाच्या प्रांगणात तुळशी रोपण केले.

महाविद्यालयातील पर्यावरण विभागाच्या विद्यार्थिनींनी शहरातील खस्त्यांमध्ये रॅली काढून तुळशीचे महत्त्व सांगण्यात आले. तसेच तुळशी



रोपांची लागवड करण्याचे आवाहन करण्यात आले. महाविद्यालयात लावण्यात

आलेल्या तुळशीच्या रोपट्यांमध्ये राम तुळस, कृष्ण तुळस, वन तुळस, कापूर तुळस, विष्णू तुळस, निंबू तुळस आणि पंढरपुरी तुळस यांचे रोपण करण्यात आले.



IQAC Coordinator

Principal

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



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ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Organ Donation Awareness
Date of the Activity	:	13-08-2018
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar & Sakal News Paper Press.
Number of Student	:	300
Brief Report	:	The aim of the Activity is to inspire & Aware Students about Organ Donation. With this motto. The NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 300 students. The Organ Donation has been conducted the awareness program under the guidance of the Principal of college and NSS program officer.

अवयवदानामुळे गरजूंना जीवदान : डॉ. कांबळे

कळमेश्वरात अवयवदान जागृती सप्ताहाचा समारोप



कळमेश्वर, ता. १३ सप्टेंबर

कळमेश्वर व इकरावा पंचसंख्येचे संकेतस्थानावरून जगूनी वरील अवयवदानाविषयी जागृती ही ही जागृती आहे. अवयवदानामुळे गरजू मालमरुता जीवदान मिळते याचा विचार कराय. असे या प्रयत्नात ही गोष्टी काढते याची व्यक्त करे.

दिवस सकाळ १० वा पुढाकाराने आयोजित अवयवदान जागृती सप्ताहाचा समारोप कळमेश्वर येथील इंदिरा गांधी कला, वाणिज्य महाविद्यालयात संपन्न (ता. १३) कळमेश्वर येथे या सप्ताहात अवयवदान विमुक्तते वरील व सकारात्मक शिक्षण सत्रात यावेळी अवयवदान जागृती सप्ताहाचे आयोजन याने आगस्टपासून सुरुवात आहे ही माहिती या सप्ताहात प्राप्त झाली. तरी ही घोषणा सुरुवात होणार आहे. समाजोपयोग



कळमेश्वर येथील इंदिरा गांधी कला, वाणिज्य महाविद्यालयात यापुढील अवयवदान जागृती सप्ताहाच्या समाजोपयोग कार्यक्रमात संकल्पपत्र वाचविलेला विद्यार्थी, त्याच्यासोबत उपस्थित डॉ. गजेंद्र कांबळे, डॉ. मुरली पेश्वाय डॉ. अंकुश बुरगे व इतर

इतर विद्यार्थी अवयवदानाची महत्त्वाच्याचे प्राधान्य ही गोष्टी काढते यात प्रमुख वक्तृत्व डॉ. मुरली पेश्वाय व डॉ. अंकुश बुरगे उपस्थित होते. अवयवदान जागृती महत्त्वाची भूमिका सकारणाच्या डॉ. मुरली पेश्वाय यांचा सकारात्मकतात आता विद्यार्थ्यांनी अवयवदानाचे संकल्पना पर धरून दिलेल संघालने या त्याच बाबतची वरील, आभार प्रदर्शन महाविद्यालयाचे उपप्राचार्य सजय गजराते यांनी केले.



अवयवदान एक चढवले आहे. स्वतःच्या कुटुंबीयांच्या अवयवदानाचा संकल्प करून या चढवलेसाठी वाटून देणारे ही चढवले श्रेष्ठतया प्राणमापदीन पोहोचवणे. समाजातील गैरमयज मृत करणे, वैद्यकीय क्षेत्रात काम करणाऱ्यांनी वामराठी पुढाकार घ्यावा - डॉ. मुरली पेश्वाय



या चढवलेचीून समाजाचे कण फेडण्याची संधी आहे. समाजाला जिवंत देणे शक्य असेल जिवंत अवयवदानाच्या रूपाने देता येते. देशाला आज आपली वरत आहे. ती अवयवदानाचा संकल्प करून पूर्ण करू शकतो. - डॉ. अंकुश बुरगे

IQAC Coordinator

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ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Healthy Village & Clean Village Campaign
Date of the Activity	:	14-08-2018
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar & Sakal News Paper Press.
Number of Student	:	100
Brief Report	:	The aim of the Activity is to Educated the people and Empower them. With this motto. the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students. The above said program of the has been conducted under the guidance of the Principal of college and NSS program officer. In this activity students focused on healthy lifestyle tips for villagers & Cleanliness Habits.


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Page 15 of 18



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ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Savitribai Phule Jayanti
Date of the Activity	:	03-01-2019
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar & Sakal News Paper Press.
Number of Student	:	250
Brief Report	:	The aim of the Activity is to cast light on the life of Savitribai Phule. With this motto. the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 250 students this activity. has been conducted under the guidance of the Principal of college and NSS program officer.



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ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Mahatma Gandhi Jayanti
Date of the Activity	:	02-10-2019
Organized by	:	NSS
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar & Sakal News Paper Press.
Number of Student	:	250
Brief Report	:	The aim of the Activity is to know about Mahatma Gandhi & celebrate it Educated the people and Empower them. This motto the NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students. The activity has been conducted under the principal of the college & NSS Program Officer.



IQAC Coordinator

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Principal
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Dr. Rajendra Kamble
Off. Principal

Ref.No.IGACCK/No.: / 201 -201

Date : / / 201

महात्मा गांधी १५० वी जयंती सप्ताह

राष्ट्रपिता महात्मा गांधी यांच्या १५० व्या जयंती निमित्त इंदिरा गांधी कला व वाणिज्य महाविद्यालय कळमेश्वर यातील राष्ट्रीय सेवा योजना पथकातील विद्यार्थी २९/०९/२०१८ ला वरोडा त. कळमेश्वर येथे भेट दिली. विद्यार्थ्यांद्वारे या वरोडा गावामध्ये स्वच्छता हीच सेवा या नूसार स्वच्छता करण्यात आली तसेच प्लॉस्टीक कचरा वेचून तो जाळण्यात आला आणि याद्वारे गावातील लोकांना स्वच्छता व त्याद्वारे आरोग्य सुदृढ राहण्याबाबतचा संदेश देण्यात आला.

दिनांक ०३/१०/२०१८ ला सकाळी ९.०० वाजता इंदिरा गांधी कला व वाणिज्य महाविद्यालय कळमेश्वर येथील जवळपास ३०० विद्यार्थ्यांची प्रभातफेरी काढण्यात आली. महाविद्यालयाचे कार्य. प्राचार्य डॉ. राजेंद्र ज. कांबळे सरांनी प्रभातफेरीची सुरुवात केली. विद्यार्थ्यांनी विविध संदेश देणारे फलक घेऊन, कळमेश्वर स्वच्छता हीच सेवा याबाबत संदेश देण्यात आला. या मध्ये सर्व प्राध्यापकांनी सहकार्य केले.

०३/१०/२०१८ ला महाविद्यालयाच्या सभागृहात राष्ट्रपिता महात्मा गांधीचा कार्यक्रम घेण्यात आला या कार्यक्रमाला अध्यक्ष म्हणून महाविद्यालयाचे कार्य. प्राचार्य डॉ. राजेंद्र ज. कांबळे उपस्थित होते डॉ. राजेंद्र ज. कांबळे यांनी विद्यार्थ्यांना महात्मा गांधीचे विचार आणि आजच्या परिस्थितीचा संदर्भ देऊन विद्यार्थ्यांनी गांधींचे विचार आणि कृती आत्मसात करावि तसेच भावि नागरीक म्हणून सत्य, अहींसा आपल्या आचरणात आणावे या बद्दल मार्गदर्शन केले. राष्ट्रपिता महात्मा गांधीजींच्या जीवनावर आधारीत चित्रफित दाखविण्यात आले. या द्वारे विद्यार्थ्यांना प्रेरणा मिळावी असा या कार्यक्रमाचा हेतु होता.

या कार्यक्रमाचे प्रास्ताविक प्राध्यापक अशोक गणविर यांनी केले व शेवटी आभार कु. रोहीनी डोहीफोडे हीने मांडले. कार्यक्रमाच्या यशस्वीते करिता प्रा. राजेश घोडेस्वार व प्रा. सुरेखा फलके यांनी परीश्रम घेतले.

धन्यवाद

अपला विश्वासू

(एन.एस.एस. कार्यक्रम अधिकारी)

सोबत:- कार्यक्रमाचे फोटो आणि विडिओ



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Principal

ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Maharashtra Police Raising Day Week
Date of the Activity	:	25.09.2018
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar and Police Station, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to aware about the traffic rules. With this motto, the NSS Unit Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has organized Maharashtra Police Raising Day Week. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.



IQAC Coordinator

Principal

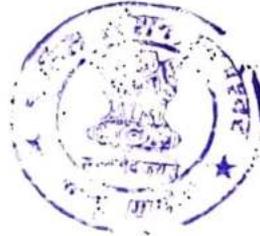
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

पोलीस स्टेशन कळमेश्वर
जिल्हा - नागपुर ग्रामीण
जा क २ / 18
दिनांक - ३१/१२/२०१८

प्रति,

प्राचार्य इंदीरा गांधी कला
वाणिज्य महाविद्यालय कळमेश्वर

आपणास या पत्राद्वारे कळविण्यात येते की, दिनांक ०२/०१/२०१९ ते ०८/०१/२०१९ अन्वये **Raising Day** साजरा करण्यात येत असून दिनांक ०३/०१/२०१९ रोजी सकाळी ०९/०० ते ११/०० वा पर्यंत पोलीस मित्र व महाविद्यालयीन विद्यार्थ्यांची प्रभात फेरी काढण्याचे आयोजन केले आहे. प्रभात फेरी ही पोलीस स्टेशन ते एसटी स्टॅन्ड पर्यंत काढण्यात येणार आहे. करीता आपण आपले महाविद्यालयातील विद्यार्थी प्रभात फेरी मध्ये सहभागी करण्यास विनंती आहे.



[Signature]
Police Station Officer
P.S. KALMESHWAR

*NSS officer
Prof. Ganesh Sir
[Signature]
11/11/19*



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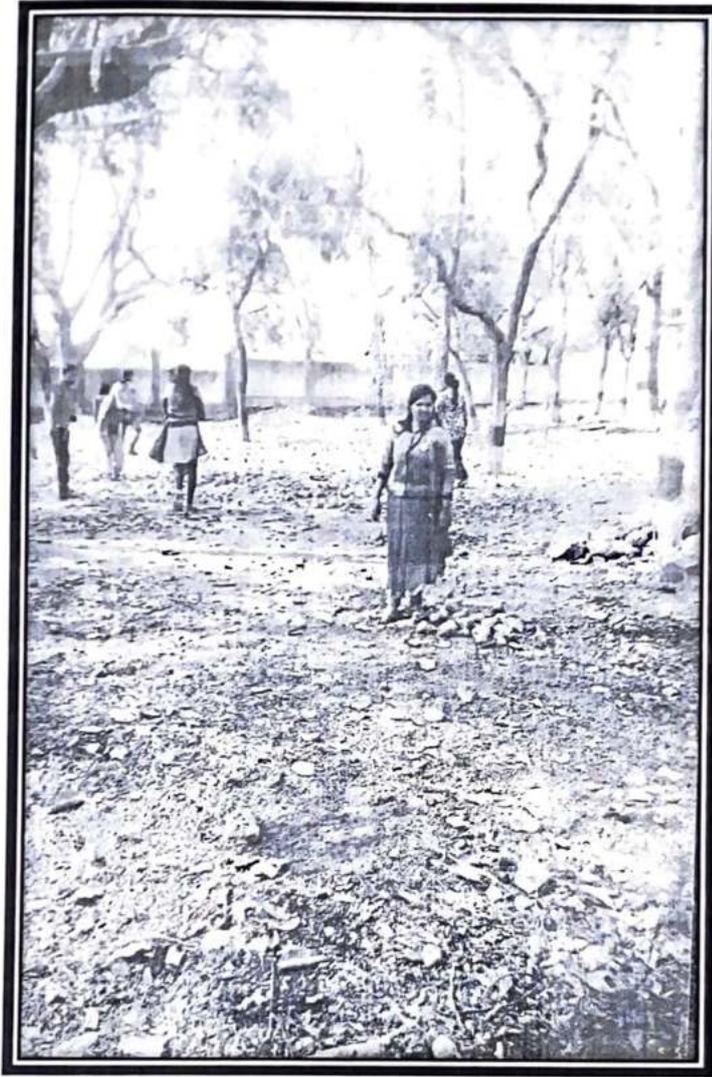
e-mail : igckcollege@gmail.com

Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Cleanliness Drive and Awareness Programme at Walni Village
Date of the Activity	:	14.08.2018
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	50
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS Unit Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 50 students has organized Cleanliness Drive and Awareness Programme at Walni Village. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity the students has focused on importance of cleanliness.





IQAC Coordinator

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Principal
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ACTIVITY REPORT

Academic Year	:	2018-19
Name of Activity	:	Disaster Management Workshop
Date of the Activity	:	08.09.2018
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar and SRPF Camp, Hingna Road, Nagpur
Number of Student	:	300
Brief Report	:	The aim of this activity is to aware about keeping the river safe from floods, saving the lives of those who fall into the well. With this motto, the NSS Unit Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 300 students has organized Disaster Management Workshop. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.

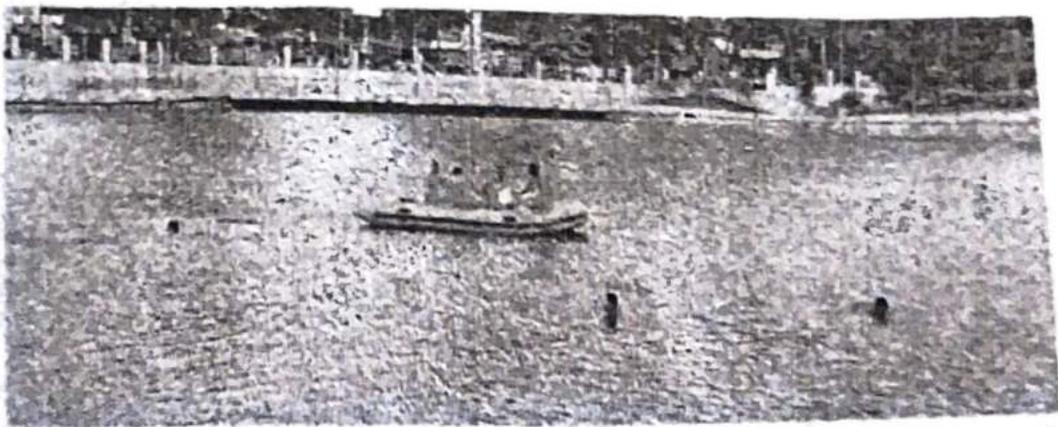


IQAC Coordinator

Principal

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Kalmeshwar.

व्यवस्थापन कार्यशाळा



लोकमत न्यूज नेटवर्क

कळमेश्वर : राष्ट्रीय सेवा योजना व इंदिरा गांधी कला व वाणिज्य महाविद्यालय यांच्या संयुक्त विद्यमाने कळमेश्वर येथे आपत्ती व्यवस्थापन कार्यशाळेचे नुकतेच आयोजन करण्यात आले होते.

आपत्ती प्रतिसाद दलाचे प्रभारी सहायक समादेशक सुरेश कराडे, पोलीस निरीक्षक एल. आर. मिश्रा, उपनिरीक्षक डी. एन. मंडल तसेच आपत्ती दलाच्या ३१ जवानांनी प्रात्यक्षिकांद्वारे संकटकाळी बचाव कसा करायचा याबाबत विद्यार्थ्यांना मार्गदर्शन केले. शिष्याय, आग, भूकंप, पूर या आपत्तीमध्ये स्वतःचा बचाव कसा करायचा याबाबत माहिती दिली.

प्रात्यक्षिकांसाठी शहरातील तलावाची निवड करण्यात आली होती. याप्रसंगी नगराध्यक्ष स्मृती इखार, उपाध्यक्ष ज्योत्सना मंडपे, मुख्याधिकारी हरिश्चंद्र टाकळखेडे, नगरसेवक सत्यवान मेश्राम, प्रा. घनश्याम मक्कासरे, मनोज शेंडे, ज्योती काकडे, वर्षा कामडी, संजय गजघाटे, अशोक गणवीर, प्राचार्य डॉ. राजेंद्र कांबळे, प्राचार्य नसीम अहमद, नरसिंह राठोड, अतुल शृंगारपवार, राजेश घोडेस्यार, प्रगती मंडल, सिंधू धरपाळ, यनिता भलावी यांच्यासह इंदिरा गांधी महाविद्यालय, यशवंत महाविद्यालय, के. झेड. महाविद्यालयाचे विद्यार्थी-विद्यार्थिनी उपस्थित होत्या. संचालन हेमंत बांगडे यांनी केले तर आभार डॉ. मंजूषा ढोबळे यांनी मानले.

इशारा : राख सांडनदीतील पाण्यात मिसळण्याची श

गठवणूक तलावाचे काम

तवंड असा

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६
पश्चात

पारीपेठ,
घोंक
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घ मुली,
आहे.

**Academic Year
2017-18**



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

ACCREDITED C⁺⁺ by NAAC

Hon. Dr. Madhukarrao Wasnik
Chairman

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate
Principal

e-mail : igckcollege@gmail.com

ACTIVITY REPORT

Academic Year	:	2017-18
Name of Activity	:	NSS Special Camp
Date of the Activity	:	12.01.2018 to 18.01.2018
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	50
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS Unit Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 50 students has organized NSS Foundation Day. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity the focus is given on what is the work of NSS? Why student should participate in activities of NSS? etc





IQAC Coordinator

Principal

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR-441 501, Dist. - NAGPUR

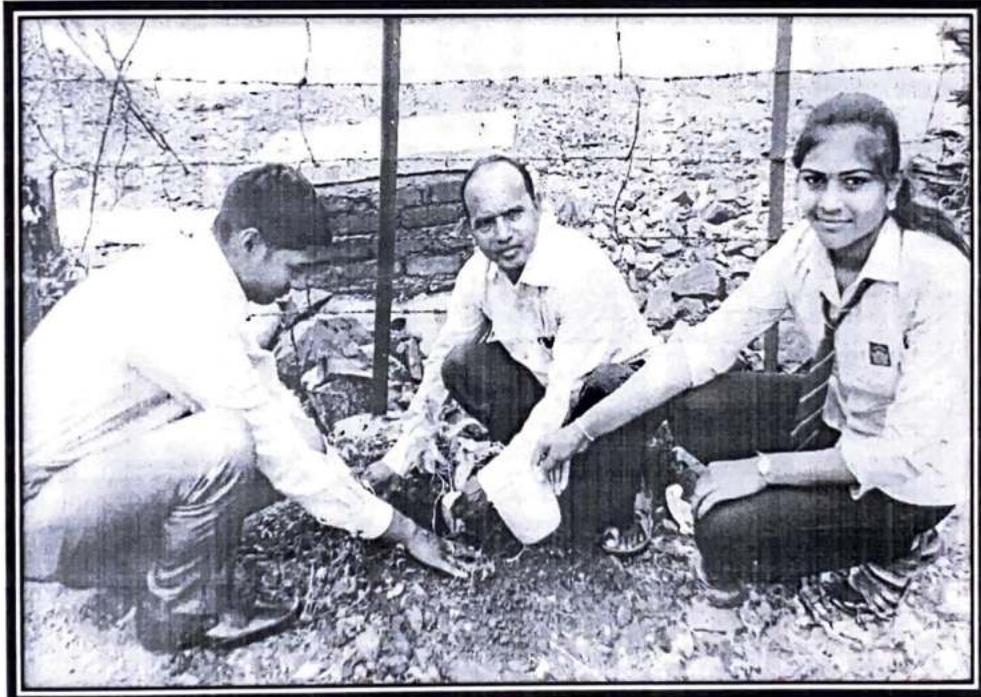
Dr. Ajay Chikate
Principal

Hon. Dr. Madhukarrao Wasnik
Chairman

e-mail : igckcollege@gmail.com

ACTIVITY REPORT

Academic Year	:	2017-18
Name of Activity	:	Tree Plantation
Date of the Activity	:	03.07.2017
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to protect the environment by planting trees. With this motto, the NSS UNIT Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has organized a Tree Plantation. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity student planted tree.

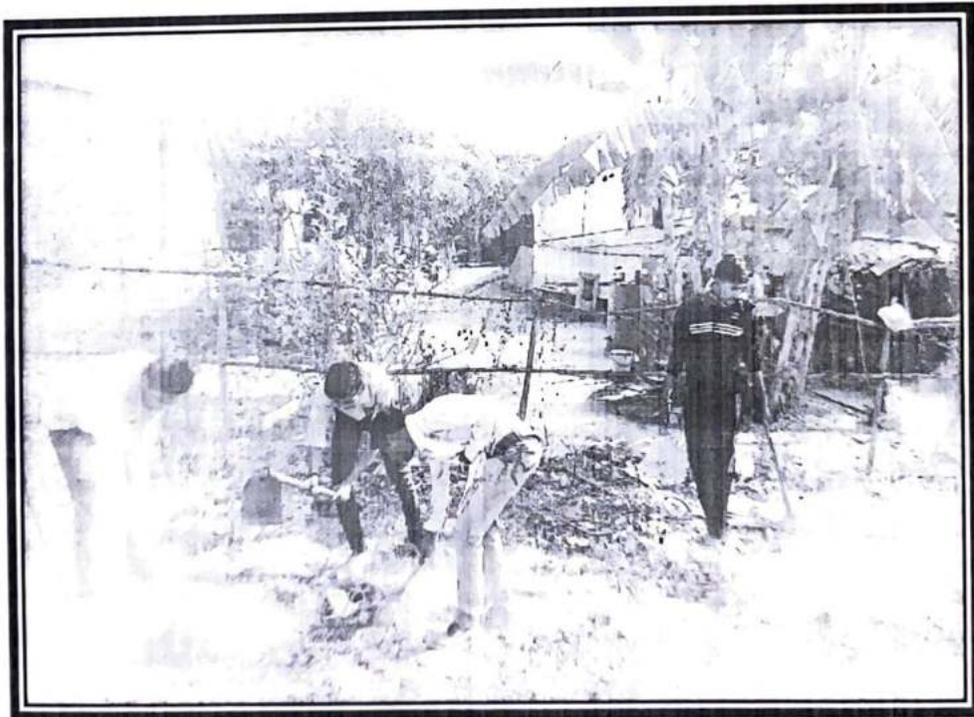


IQAC Coordinator

Principal

ACTIVITY REPORT

Academic Year	:	2017-18
Name of Activity	:	Healthy Village and Clean Village Campaign at Zunki Village
Date of the Activity	:	12.01.2018
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	50
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS UNIT Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 50 students has organized Healthy Village and Clean Village Campaign at Zunki Village. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity, student has focused on healthy lifestyle tips for villagers and cleanliness habits. Cleanliness drive has been also conducted after program.






IQAC Coordinator


Principal
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

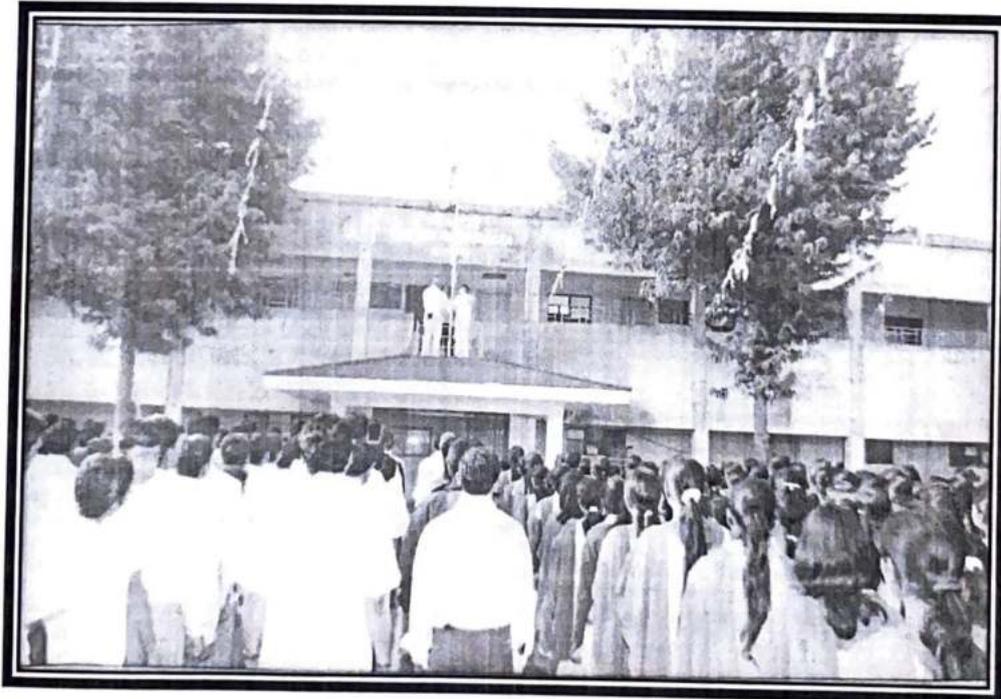
Hon. Dr. Madhukarrao Wasnik
Chairman

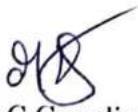
KALMESHWAR-441 501, Dist. - NAGPUR
e-mail : igckcollege@gmail.com

Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2017-18
Name of Activity	:	Independence Day
Date of the Activity	:	15.08.2017
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	450
Brief Report	:	The aim of this activity is to celebrate national festivals and informing about Indian independence day. With this motto, the NSS UNIT Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 450 students has organized Independence Day. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer.




IQAC Coordinator


Principal
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.
Page 1 of 1



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
Chairman

KALMESHWAR-441 501, Dist. - NAGPUR

Dr. Ajay Chikate
Principal

e-mail : igckcollege@gmail.com

ACTIVITY REPORT

Academic Year	:	2017-18
Name of Activity	:	NSS Foundation Day
Date of the Activity	:	25.09.2017
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS Unit Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has organized NSS Foundation Day. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity, the focus is given on what is the work of NSS? Why student should participate in activities of NSS? etc


IQAC Coordinator
PrincipalIndira Gandhi Arts-Comm. College
Kalmeshwar. Page 1 of 1



INDIRA GANDHI ARTS AND COMMERCE COLLEGE

ACCREDITED C⁺ by NAACHon. Dr. Madhukarrao Wasnik
Chairman

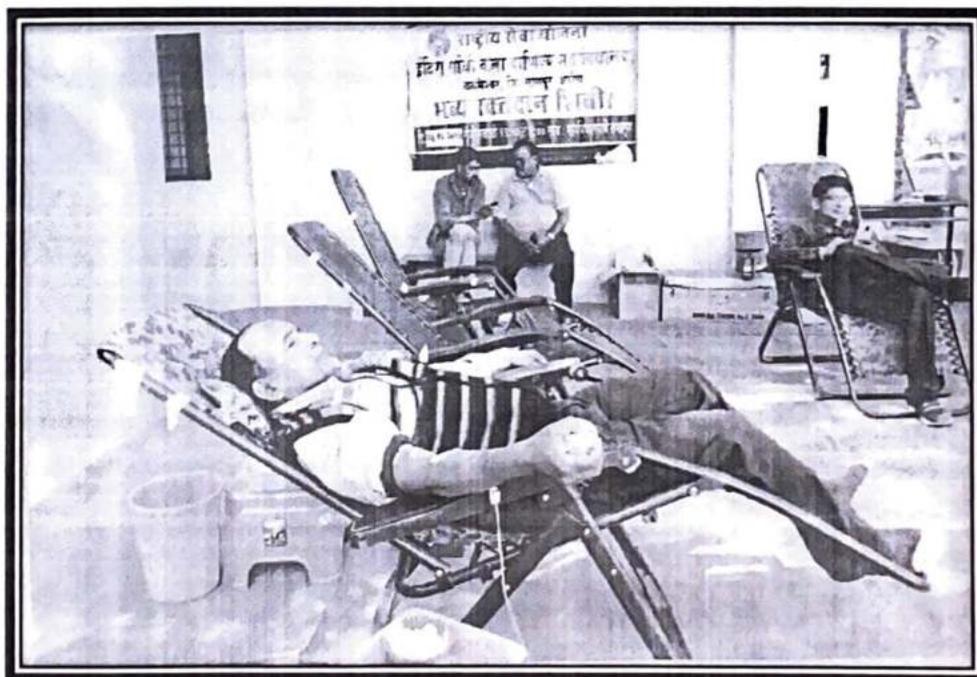
KALMESHWAR-441 501, Dist. - NAGPUR

e-mail : igckcollege@gmail.com

Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2017-18
Name of Activity	:	Blood Donation Camp
Date of the Activity	:	27.12.2017
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS UNIT Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has organized Blood Donation Camp. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity, 50 volunteers of NSS donated the blood.






IQAC Coordinator


Principal
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



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PEOPLE'S WELFARE SOCIETY'S, NAGPUR

☎ : 07118 - 271393

INDIRA GANDHI ARTS AND COMMERCE COLLEGE

Hon. Dr. Madhukarrao Wasnik
Chairman

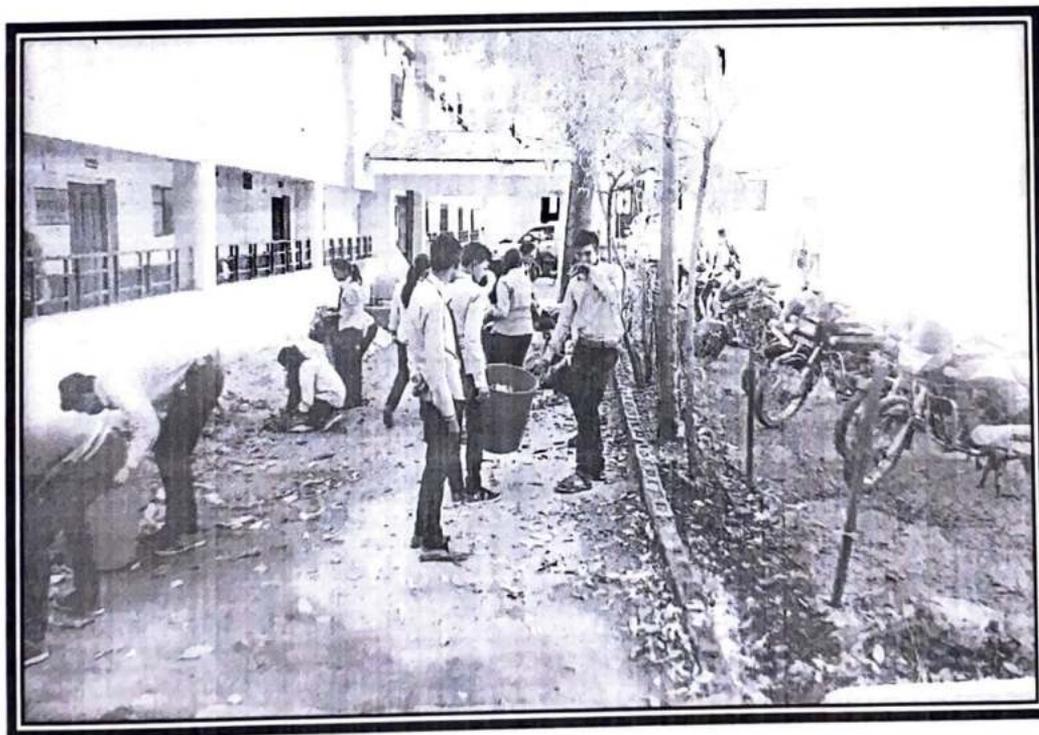
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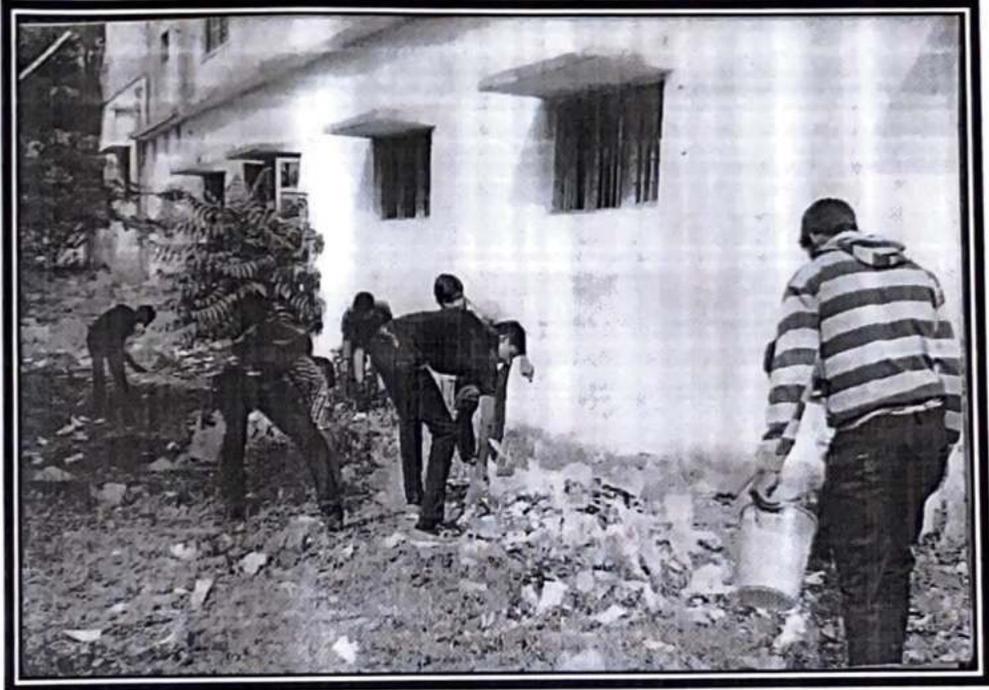
e-mail : igckcollege@gmail.com

Dr. Ajay Chikate
Principal

ACTIVITY REPORT

Academic Year	:	2017-18
Name of Activity	:	Cleanliness Drive and Awareness Programme at Kalmeshwar
Date of the Activity	:	14.08.2017
Organized by	:	NSS Unit
Organizing unit/agency/ collaboration agency	:	NSS Unit, Indira Gandhi Arts & Commerce College, Kalmeshwar
Number of Student	:	100
Brief Report	:	The aim of this activity is to educate the people and empower them. With this motto, the NSS Unit Indira Gandhi Arts & Commerce College, Kalmeshwar comprising of about 100 students has organized Cleanliness Drive and Awareness Programme at Kalmeshwar. The activity has been conducted under the guidance of the Principal of the college and NSS Program Officer. In this activity, the student has focused on importance of cleanliness.






IQAC Coordinator


Principal
**Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.**

Date : 20/02/2023

TO,
The Principal
Indira Gandhi Arts & Commerce College, Kalmeshwar

Sub - Proposal for Conducting Value Added Course for B.A II & B.COM. II students for the Academic Year 2022-23

Sir,

This is to bring to your kind notice that the Department of Sociology and History would like to conduct Value Added Course for B.A.II & B.COM.II year students for the academic year 2022-23.

The main objective of the programme is to teach students the basic concept of Yoga & Meditation and encourage them to work on it to receive the benefits of it.

We seek your kind consent to start the course as this mention programme would benefit student to manage their Physical and Mental Health.

The details of the course is as follows.

Name of the course	Duration	Faculty Incharge	Class
Yoga & Fitness	30Hrs	Dr. Rajendra kamble & Prof. R.H.Ghodeswar	B.A.II& B.COM.II

Kindly permit us to conduct the course.

Thanking you.

Your's Sincerely


Dr. Rajendra Kamble
(HOD Sociology)


Dr Ajay Chikate
(Principal)
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

Date : 20/02/2023

TO,
The Principal
Indira Gandhi Arts & Commerce College, Kalmeshwar

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Thanking you.

Your's Sincerely


Dr. Rajendra Kamble
(HOD Sociology)


Dr Ajay Chikate
(Principal)
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

☎: 07118-271393



PEOPLE'S WELFARE SOCIETY'S, NAGPUR
INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR - 441 501. Dist.- NAGPUR

Hon. Dr. Madhukarrao Wasnik
Chairman (Ex. MLC)

Dr. A.K. Chikate
Principal

Ref.No. IGACCK / No.:

Date :

प्रति,

डॉ. राजेंद्र कांबळे

समाजशास्त्र विभाग प्रमुख

इंदिरा गांधी कला वाणिज्य महाविद्यालय, कळमेश्वर

विषय - Value added course कार्यक्रमांतर्गत "YOGA & FITNESS TRAINING" या विषयावर प्रमाणपत्र अभ्यासक्रम सुरु करण्याची परवानगी देण्याबाबत.

संदर्भ - 20/02/2023 चे आपले पत्र.

बी.ए.-2 आणि बी.कॉम-2 वर्षांच्या विद्यार्थ्यांसाठी समाजशास्त्र आणि इतिहास विभागातर्फे आपण "YOGA & FITNESS TRAINING" या विषयावर प्रमाणपत्र अभ्यासक्रम सुरु करण्याची परवानगी मागितली आहे. विद्यार्थ्यांना शारीरिक आणि मानसिक निरोगी राहण्याच्या दृष्टीने योगा आणि ध्यानाचे महत्व पटवून देण्याकरिता 30 तासिकांचा अभ्यासक्रम सुरु करणे योग्य आहे. या पत्रान्वये प्रस्तुत अभ्यासक्रम 2022-23 या सत्रात सुरु करण्याची परवानगी समाजशास्त्र आणि इतिहास विभागाला देण्यात येत आहे.

प्राचार्य
Dr. A.K. Chikate
(डॉ. अजय चिकाटे)
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

इंदिरा गांधी कला वाणिज्य महाविद्यालय, कळमेश्वर

सूचना

B.A. 2nd & B.COM 2nd च्या सर्व विद्यार्थ्यांना सूचित करण्यात येते की,

महाविद्यालयातील समाजशास्त्र व इतिहास विभागाच्या संयुक्त विद्यमाने "YOGA & FITNESS TRAINING" हा मूल्यवर्धित प्रमाणपत्र अभ्यासक्रम आयोजित करण्यात येत आहे.

या अभ्यासक्रमाचा अवधी दिनांक ०१/०३/२०२३/ ते २०/०३/२०२३ हा असून वेळ सकाळी

७:०० ते ९:०० ही असेल. सर्व विद्यार्थ्यांनी हा अभ्यासक्रम पूर्ण करणे अपेक्षित आहे.

अभ्यासक्रम पूर्ण करणाऱ्या विद्यार्थ्यांना प्रमाणपत्र देण्यात येईल. तरी विद्यार्थ्यांनी याची नोंद घ्यावी.

स्थळ : महाविद्यालयाचे सभागृह

दिनांक : २३/०२/२०२३

समन्वयक

डॉ. राजेंद्र कांबळे / प्रा. राजेश घोडेस्वार

B.A. IInd

B.Com. IInd

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

**Indira Gandhi Arts & Commerce College, Kalmeshwar,
Dist. Nagpur**

**Course Name- Yoga & Fitness Training
2022-23**

Time Table

Date	Time	Topic
01-03-2023	7 to 9 am	Physical Fitness, 1.1, 1.2
02-03-2023	7 to 9 am	1.2.1, 1.2.2
03-03-2023	7 to 9 am	1.3, 1.4
04-03-2023	7 to 9 am	1.5
06-03-2023	7 to 9 am	Training Method – 1.1, 1.2.2
08-03-2023	7 to 9 am	2.3, 2.4
09-03-2023	7 to 9 am	2.5, 2.6
10-03-2023	7 to 9 am	3.1, 3.2, 3.3, 3.4
11-03-2023	7 to 9 am	4.1,
13-03-2023	7 to 9 am	4.2
14-03-2023	7 to 9 am	4.3
15-03-2023	7 to 9 am	5.1
16-03-2023	7 to 9 am	5.2
17-03-2023	7 to 9 am	5.3
18-03-2023	7 to 9 am	5.4



Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

Har Dil Dhyam, Har Din Dhyam

To,

Principal, I
Indira Gandhi Arts & Com. college, Kalmeshwar,
Respected Sir,

1. Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.
2. Ministry of Culture in collaboration with Shri Ram Chandra Mission and Heartfulness Institute is organizing a national and international series of Integrated Heartfulness Meditation Programs (aided by Pranahuti or Yogic Transmission) along with Heartfulness Yoga Programs for helping individuals and communities discover inner peace, joy and overall improvement in their Mental Health. This initiative is called "Har Dil Dhyam, Har Din Dhyam" (Every Heart Meditates, Everyday) to especially emphasize the importance of Heart based meditation to be done on a daily basis by everyone. These modules have been developed by Heartfulness Institute under the guidance of the Global Guide of Heartfulness, Padma Bhushan, Shri Kamlesh Patel ji. Heartfulness Trainers from all over India, shall visit interested organizations and community platforms to facilitate this program free of cost, for Individuals and organizations across the country.
3. Heartfulness Institute offers a way for balanced living through various Wellness programmes which includes Relaxation, Meditation, Rejuvenation and Inner Connect, and is made available to all those who are willingly interested in their individual development and well-being. As one meditates and relaxes, they find it easier to remain in a relaxed state and this helps them to be more focused, efficient and lead a happy life. These programs gradually imbibe feelings of discipline, empathy and brotherhood leading to mental, spiritual and psychological well-being, helping an individual to transform not only inwardly but also in relation to his or her dealings with others and the society at large. We believe these programmes can be very effective for Educational Institutes. We have a comprehensive suite of programs (refer Annexure).
4. In this regard, to begin with, the Heartfulness team would like to conduct a 3-day workshop (1 to 2 hours per day). The focus of the programme would be on Relaxation and Rejuvenation through meditation. The timing for the same can be decided as per the convenience of our students, parents and staff.

Request you to communicate the dates and time for the above.

Thank you.

Yours sincerely,



Hemant Khorgade,

Heartfulness Coordinator, Nagpur

hemantkhorgade2007@rediffmail.com, 9423132364

Har Dil Dhyani, Har Din Dhyani

ANNEXURE

1. INSPIRE teacher training program (onsite or online)

This is an 10 hour workshop that can be spread over 5 days (duration is flexible), equipping teachers with Heartfulness Meditation tools, and Heart Centered Pedagogy.

2. Resilience In Crisis for Teachers and parents:

We also have a program called Resilience in Crisis, which helps equip teachers with vital skills to cope with an uncertain situation. It is 5 days, 1 hour per day.

3. The Heartfulness Way Curriculum: (onsite, through onsite or online teacher training)

This is a value based education curriculum for standards 1-9, 25 lesson plans per level, based on 9 core values stated by UNESCO in their source book "Learning to Be". It requires 1 lesson per week, and the Heartfulness Education Trust Facilitators provide complete year round support for the teachers to deliver the curriculum in the classrooms.

4. The HELP program (Heartfulness Experience Life's Potential - onsite or online)

A 20 session certificate course for students on life-skills and holistic wellbeing for self development and inner excellence

5. MANAGE EXAM STRESS: (online or onsite)

A 5-session online intervention for students of grades 10 – 12 to deal with the exam stress, to inculcate courage and confidence amongst students and removing self-doubt and fear.

6. THE WISDOM BRIDGE: (online or onsite)

A 3 day, 1 hour per day workshop for parents for an inspired life, resilient family and joyful children

We could develop an annual wellness calendar of these programs for your esteemed institution, and would be happy to engage in a conversation with you to take this forward.

उमा नंदूरी
संयुक्त सचिव
Uma Nanduri
Joint Secretary



75
Azadi Ka
Amrit Mahotsav

भारत सरकार
संस्कृति मंत्रालय
नई दिल्ली-110001
GOVERNMENT OF INDIA
MINISTRY OF CULTURE
NEW DELHI-110 001

No. 42/22/22/2023 - AKAM

Dated: 10th February, 2023

Respected Sir,

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.

2. Ministry of Culture in collaboration with **Shri Ram Chandra Mission and Heartfulness Institute** is organize a national and global wide series of integrated Heartfulness Meditation Programs (aided by Pranahuti or Yogic Transmission) along with Heartfulness Yoga Programs for helping individuals and communities discover inner peace, joy and overall-being for improvement in their Mental Health. This initiative is called "**Har Dil Dhyam, Har Din Dhyam**" (**Every Heart Meditates, Everyday**) to especially emphasize the importance of Heart Based Meditation to be done on daily basis by everyone. These modules have been developed by Heartfulness Institute under the guidance of Pujya Daaji, Shri Kamlesh Patel ji – Founder Heartfulness Institute & President, Shri Ram Chandra Mission. Heartfulness Trainers from all over India, shall visit interested organizations and community platforms to facilitate this program without any charge for individuals and organizations across the country and provide continuing support without any financial consideration.

3. In this regard, it is requested to urge all nodal organizations and institutions in States and UTs across India to whole-heartedly participate in this initiative launched by Shri Ram Chandra Mission and Heartfulness Institute to offer Heartfulness Meditation and Yoga by extending your fullest co operation and support. The programs offered by Heartfulness Institute shall be conducted by them in:

- Schools, Colleges and Universities
- Corporations and Government Offices, Departments, Establishments
- Hospitals and Medical Establishments
- Through Public Programs and Events (in halls, auditoriums, stadiums, parks, community centers etc)
- Villages and Local Health Centers across the Country
- Armed Forces, Para Military, Police Forces
- To Diaspora through Indian Missions abroad and ICCR Cultural Centers
- Other Community Platforms etc.

4. For any queries/clarifications at National Level, Shri V.Srinivasan (Convenor- Global Heartfulness Programs, New Delhi) at +91-8939081000 or Shri Sanjay Sehgal (Working Committee Member, Shri Ram Chandra Mission) at +91-9361908869 may kindly be contacted.

With warm regards,

Shri Manu Kumar Srivastava
Chief Secretary of Maharashtra
Mumbai

email: cs@maharashtra.gov.in

Yours sincerely

[Uma Nanduri]



सूचना का
अधिकार

Room No. 334 A, 'C' Wing, Shastri Bhavan, Dr. Rajendra Prasad Road, New Delhi - 110 001
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100 / 100 / II

A Short Term Course in "Yoga and Fitness Training"

(For – B.A./B.Com.) All Strudents

Course Co-ordinator Prof. DR. Rajendra Kamble / prof. Ghodes-
(Department of Sociology / HISTORY) hwar

Introduction

The popular saying "Health is wealth" gives a large meaning to our life as health is considered the most valuable and precious for every individual. Good health means not only a state of absence of disease in the body but a complete physical, mental, social as well as spiritual well being of an individual.

Today competition in each field is as intense that nobody can escapes from the hectic schedule of life. Earlier, a few decades ago, people used to work differently, enjoying the different color of life. But it is noticed now that people are working under stressful condition and without now that people are working under stressful condition and without satisfaction, which is detrimental to their physical fitness. As results they are suffering from many diseases.

Physical fitness is very necessary for a healthy and tension free life. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regard to these for a healthy life.

Physical well-being wholly depends upon a sound brain as all activities of our body are controlled by the mind. Any disturbance in the mind will disturb the body giving rise to various abnormalities. So a sound sleep is must for a healthy person. These, balance diet, regular exercise and sound sleep are the prerequisites for sound physical fitness and physical fitness in the key to a productive and successful life.

Society's attitude towards health and fitness has changed over the past few years and we are all much more of the need to be positive about our health and recognize their importance of physical fitness then ever before. We are encouraged to adopt a 'positive attitude' to our health by taking better care of both our bodies and our minds.

On this thing the Department of Physical Education & Sports is starting Short term Course of "Yoga and Fitness Training" for students beneficial to Improves skill.

SYLLABUS

NO	TOPICS	SUB-TOPICS	THEORY	PRACTICAL
1.	PHYSICAL FITNESS	<p>1.1 Meaning & Importance of Physical Fitness</p> <p>1.2 Components of Physical Fitness</p> <p>1.2.1 Health Related Components: Cardiovascular Fitness, Body Composition, Flexibility, Muscular Strength, Muscular endurance</p> <p>1.2.2 Skill Related Components, Speed, Agility, Balance, Coordination, Reaction Time, Power</p> <p>1.3 Factors Affecting Physical Fitness</p> <p>1.4 Principles of Physical Fitness Development</p> <p>1.5 Means of Fitness Development Aerobic & Anaerobic, Games & Sports, Yoga and Recreational Activities</p>		
2.	TRAINING METHODS	<p>1.1 Meaning, Concept and Principal of Training</p> <p>1.2 Methods of Flexibility Development</p>		

NO	TOPICS	SUB-TOPICS	THEORY	PRACTICAL
		2.3 Methods of Strength Development Isometric & Isotonic		
		2.4 Methods of Endurance Development Continuous Method, Interval Training & Fartlek.		
		2.5 Method of Speed Development		
		2.6 Circuit Training		
		3.1 Meaning & Importance of Yoga		
		3.2 Yoga as an Indian Heritage		
		3.3 Elements of Yoga		
		3.4 role of Yoga in Sport-Asanas, Pranayam and Mediation		
		4.1 Type of Pranayam		
		4.2 Need and Importance Of pranayam		
		4.3 Benefits and effects Of pranayam		
		5.1 Meaning and definition		
		5.2 Types of asana's		
		5.3 Need and Importance Of Asana		
		5.4 Benefits and effects Of Aasanas		
		Total	30	60

Aim:

To provide the required theoretical and practical inputs in order to provide an integrated and holistic understanding and developing positive attitudes, values, skills and behavior related to health and fitness training at the College Levels.

Objective:

1. To introduce the basic Concept of Yoga and fitness Training.
2. Promoting the Importance of Yoga, Fitness Training and encouraging the students in Sports.
3. To improve the overall life style of the student (i.e. Mental, Physical and Social)
4. To create the awareness in students about the opportunity available in fitness and related industries.
5. The short term Yoga and Fitness Training course is to prepare Yoga trainers and fitness trainer to understand the needs of specific corporate industry and design & conduct the program as per requirements.
- 6.

Job and business opportunities:

The short term course to create the awareness in students about the opportunity available in fitness and related industries.

References book

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5. Encyclopedia of Muscles and Strength
-ACSM's Resources for the Personal Trainer, (Ed-1st). (2005)
ACSM publication
7. Physical Fitness and Wellness
8. Health Fitness Management
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Ali Rabe

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INDIRA GANDHI ARTS & COMM. COLLEGE, KALMESHWAR
DEPT OF SOCIOLOGY & HISTORY

year - 2022-23

NAME OF COURSE - YOGA & FITNESS TRAINING

TIME - 30 MIN.

TOTAL MARKS - 20

NOTE - All The Questions are compulsory.

Each Question carries 2 marks.

Q. 01] भारतत पहिला आंतरराष्ट्रीय योग दिवस कधी साजरा केला गेला.

A] 21 जून 2014 B] 21 जून 2015 C] 21 जून 2016 D] यापैकी नाही

02] भारतत आंतरराष्ट्रीय योग उत्सव कोणत्या मंत्रालयामार्फत आयोजित केला जातो?

A] आरुघ्य मंत्रालय B] नागर विमान मंत्रालय C] रस्धार मंत्रालय
D] मानव रंशोधन विकास मंत्रालय

03] योगसूत्र या ग्रंथाची रचना कोणी केली ?

A] महर्षी परंजली B] वेदव्यास C] पाणिनी D] यापैकी नाही

4] योगा पासून आम्हाला प्रालत होते.

A] शारिरिक स्वास्थ्य B] मानसिक स्वास्थ्य C] आत्मिक स्वास्थ्य
D] करिन्त सर्व.

5] आसन किती पद्धतीचे असतात ?

A] दोन B] तीन C] चार D] पाच.

6] श्वास - प्रश्वास च्या विस्ताराला काय म्हणतात ?

A] प्राणायम B] मद्यन्ध C] कुपालभारती D] अनुलोम-विलोम.

7] जेवढांतर केला जातो-या एकमात्र आसनाचे नाव काय ?

A] हलासन B] जुजंगासन C] शलभासन D] वज्रासन.

8] प्रागायम चे कितली पध्दती आहेत ?

A] 4 B] 5 C] 6 D] 3

9] योगा चे मुख्य प्रकार कितली ?

A] 3 B] 4 C] 5 D] 12

10] योगाच्या जन्मदाता देश कोठला ?

A] भारत B] जापान C] चिन D] अमेरिका.

विद्यार्थ्यांचे नाव - गायत्री प्रकाशराय शिखंडे

वर्ग - B.A 2nd year

सही - Gayatri

Bhikshu

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

हार्टफुलनेस शुद्धीकरण

तुमच्या दिवसभराच्या कामाच्या शेवटी शुद्धीकरणाचा सराव करा, शक्यतो झोपण्याच्या वेळेला लागून नको. ही क्रिया तुम्हाला ताजेतवाने बनवेल आणि जमा झालेल्या स्थूलतेपासून तुमची संरचना शुद्ध करेल. शुद्धीकरणाच्या प्रक्रियेच्या काही पायऱ्या आहेत, म्हणून सुरुवातीला खाली दिलेल्या क्रमानुसार त्यांचा सराव केलेला चांगला राहिल.

- आरामदायक स्थितीत बसा. या उद्देशाने की दिवसभरात जमा झालेले सर्व ठसे काढून टाकायचे आहेत.
- सावकाश डोळे मिटा व तणावमुक्त व्हा.
- असा विचार करा की तुमच्या संरचनेतील सर्व गुंतागुंत व अशुद्धता संपूर्ण संरचनेमधून निघून जात आहे.
- त्यांना तुमच्या मस्तकापासून तुमच्या माकडहाडापर्यंत पसरलेल्या पाठीकडच्या भागामधून, धुराच्या रूपात बाहेर वाहून जाऊ द्या.
- या संपूर्ण प्रक्रियेदरम्यान सजग राहा. मनात येणाऱ्या विचार व भावनांमधे गुंतून न पडता, केवळ साक्षीदार बनण्याचा प्रयत्न करा.
- हळुवारपणे पण आत्मविश्वासाने व श्रद्धेने शुद्धीकरणाच्या या प्रक्रियेची गती वाढवा.
- जर तुमचे लक्ष विचलित झाले व आपण अन्य विचारात गुंतत चाललो आहोत असे तुम्हाला आढळून आले, तर हळुवारपणे तुमचे लक्ष पुन्हा शुद्धीकरणाच्या प्रक्रियेकडे वळवा.
- तुमच्या पाठीमागून ठसे निघून जात असल्यामुळे तुम्हाला हलकेपणा जाणवण्यास सुरुवात होईल.
- ही प्रक्रिया वीस ते पंचवीस मिनिटांपर्यंत चालू ठेवा.
- तुम्हाला खूप हलकेपणा जाणवू लागेल तेव्हा या प्रक्रियेच्या दुसऱ्या भागाची सुरुवात करा.
- कल्पना करा की मूलस्रोतातून पवित्र ईश्वरीय प्रवाह समोसून तुमच्या हृदयात प्रवेश करून तुमचे हृदय व्यापून टाकून तेथून तो तुमच्या शरीराच्या कानाकोपऱ्यात प्रत्येक पेशी पेशीत प्रवेश करित आहे. शरीराचा प्रत्येक कण दिव्यतेने भरत आहे.
- आता तुम्ही अधिक संतुलित अवस्था प्राप्त केली आहे. तुमच्या शरीराचा प्रत्येक कण हलकेपणा, पावित्र्य आणि साधेपणाने चमकत आहे.
- या ठाम विश्वासाने ही प्रक्रिया संपवा की शुद्धीकरण पूर्ण झाले आहे.

List of Nagpur Trainers

✓ Br. Hemant Khorgade	9423132364
Br. Rajendra Deshmukh	9423686268
Br. Ravindra Saraykar	9923111526
Br. Dharamraj Welturkar	8976006742
Br. Prakash Naikwade	7030122922
Sis. Shalni Kutemate	8793916724
Br. Abhay Ninawe	9665895300
Br. Narendra Gurao	9623451425
Br. Sanjay Gawande	9823109966
Br. Suhaas Kulkarni	8277127918
Br. Naresh Gahlot	7588120031



HEARTFULNESS INSTITUTE &
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ध्यान करण्यास शिका



heartfulness

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स्वागत

प्रिय मित्रांनो,

हार्टफुलनेसमध्ये तुमचे स्वागत आहे. आम्ही आशा करतो की हा अनुभव आणि आणि याच्या विविध अंगांच्या साधनेतून मिळणारे फायदे तुम्हाला आवडतील.

योग आणि ध्यानधारणा यांच्या फायद्यांवर रोजच होणारया नवनवीन संशोधनांमुळे त्यांना आता मुख्य प्रवाहात स्थान मिळाले आहे. हार्टफुलनेस ध्यानाचे वैशिष्ट्य म्हणजे यौगिक प्राणाहुती, जी सखोल ध्यानसाधना, संतुलित जीवन, मनःशांती व जलद वैयक्तिक परिवर्तनाला साहाय्य करते. तुमच्या वास्तविक स्वभावाचा हलकेपणा व आनंद तुम्हाला हृदयात जाणवू लागेल आणि जेव्हा तुम्ही त्या भावनांचे ऐकाल व आंतरिक प्रेरणांना समजू शकाल, तेव्हा हृदयाशी सामंजस्य स्थापित होऊन तुम्ही तुमच्या जीवनाचे स्वामी बनू शकाल. या हृदय व मनात सामंजस्य स्थापित करण्याच्या साधनेमुळे तुमचे आंतरिक गुण उजळतील आणि तुमच्यातील सुप्त क्षमता बाहेर येतील.

हार्टफुलनेस टप्प्याटप्प्याने शास्त्रोक्तपणे ध्यान करण्याचा मार्ग दाखविते. आम्ही तुम्हाला प्राणाहुतीचे परिणाम थेटपणे अनुभवण्यास, तसेच साधनेच्या इतर विविध अंगांचा समावेश तुमच्या सोयीनुसार तुमच्या घरच्या वातावरणात किंवा आमच्या शाळांमध्ये, कॉलेजमध्ये, कामाच्या ठिकाणी किंवा परिसरात होत असलेल्या कार्यक्रमांमधून किंवा हार्टस्पॉट केंद्रांमधून करण्यास आमंत्रित करतो. अनेक शुभेच्छांसहित,

कमलेश डी पटेल

कमलेश डी पटेल (दात्री) हे राजयोग ध्यानाच्या सहजमार्ग पद्धतीचे चौथे आध्यात्मिक मार्गदर्शक आहेत.

हार्टफुलनेस शिथिलीकरण

मार्गदर्शित सूचना वाचा आणि त्यांचा स्वतःवर प्रयोग करा किंवा दुसऱ्यांना मदत करण्यासाठी ते मोठ्याने वाचा. ही साधना, तुम्ही तुमचा फोन आणि इतर साधने जी तुम्हाला विचलित करू शकतात ती बंद केली, तर उत्तम परिणाम साधू शकते. हे कुठल्याही वेळी केले जाऊ शकते आणि खास करून हार्टफुलनेस ध्यान सुरूकरण्याआधी जास्त उपयुक्त आहे.

- एक आरामदायक स्थिती निवडा आणि डोळे अतिशय हळुवारपणे व हलकेच मिटून घ्या.
- पायाच्या बोटांपासून सुरुवात करूया, पायाची बोटे हलवा आणि ती शिथिल होत असल्याचे अनुभवा.
- जमिनीतून एक ऊर्जा वर तुमच्या बोटांमध्ये, पावलांमध्ये, घोटांमध्ये येत असल्याचा अनुभव घ्या. मग वर गुढ्यांपर्यंत ती तुमच्या पायांना शिथिल करत आहे.
- ऊर्जा तुमच्या पायांना शिथिल करत वर जात असल्याचा अनुभव घ्या. मांड्या शिथिल करा.
- आता तुमचे नितंब, कटीप्रदेश..... पोट. आणि कंबर खोलवर शिथिल होऊ दे.
- तुमची पाठ शिथिल करा. वरपासून खालपर्यंत संपूर्ण पाठ शिथिल झाली आहे.
- तुमची छाती आणि खांदे शिथिल करा. खांदे विरघळून जात आहेत असा अनुभव घ्या....
- हाताचा वरचा भाग शिथिल होऊ द्या. हाताच्या खालच्या भागातील प्रत्येक स्नायू शिथिल होऊ द्या. ... तुमच्या हाताचे तळवे.... मग हातांपर्यंतचा भाग शिथिल करा.
- मानेचे स्नायू शिथिल करा. अलंकाराचे वरचे वरचे भाग वरचे वरचे भाग शिथिल करा. तुमचा जबडा, तोंड, नाक, डोळे, कानांचा तळवे. कानांचे स्नायू, कपाळ, अगदी लोकांच्या वरच्या भागातील भाग शिथिल करा.
- तुमचे शरीर कसे संपूर्णपणे शिथिल झाले आहे मग अनुभवा. वरपासून खालपर्यंत शरीराकडे लक्ष द्या आणि जर तुमच्या शरीराचा एखादा भाग अजूनही तणावग्रस्त, दुखरा किंवा अस्वस्थ असेल, तर तो त्या ऊर्जेमध्ये आणखी काही वेळ बुडून जात आहे असा अनुभव घ्या.
- तुमची तयारी झाली की तुमचे लक्ष तुमच्या हृदयाकडे न्या. तिथे काही काळ स्थिरावा. तुमच्या हृदयातील प्रेम व प्रकाशामध्ये बुडून गेल्याचे तुम्हाला जाणवू दे.
- स्थिर व शांत राहा आणि हळुवारपणे स्वतःत बुडून जा.
- पुन्हा बाहेर यावेसे वाटत नाही तोपर्यंत तुम्हाला हवा तितका वेळ यात गढून जा.

हार्टफुलनेस ध्यान

व्यत्यय न येता ध्यान करू शकाल अशी जागा निवडा, शक्यतो एका ठराविक ठिकाण व एका ठराविक वेळेस, दररोज ध्यानास बसा. तुमचा फोन आणि इतर साधने बंद करा. शक्यतो पाठ सरळ ठेऊन बसा, पण ताडरणणा नको.

- आरामशीर बसा अलंगद डोळे मिटा आणि तणावमुक्त व्हा.
- गरज वाटल्यास हार्टफुलनेस शिथिलीकरण तंत्राचा वापर करून शरीर शिथिल होण्यासाठी दोन-तीन मिनिटे घ्या.
- तुमचे लक्ष तुमच्या अंतरंगाकडे वळवा व काही क्षण स्वतःचे निरीक्षण करा.
- नंतर हळुवारपणे अशी कल्पना करा की तुमच्या हृदयामध्ये ईश्वरीय प्रकाश आधीपासूनच उपस्थित आहे आणि तो आतून तुम्हाला त्याच्याकडे आकर्षित करीत आहे.
- हे अगदी सहज व स्वाभाविकपणे करा. अन्य विचारांमुळे लक्ष विचलित होत आहे असे आढळून आले, तर त्यांच्याशी संघर्ष करू नका व लक्षही नेऊ नका. ते असू देत, पण हळुवारपणे स्वतःला आठवण करून घ्या की तुम्ही तुमच्या हृदयातील ईश्वरीय प्रकाशावर ध्यान करीत आहात.
- तुमच्या अंतरंगात अधिकाधिक गढून जा.
- या सखोल अशा शांततेत तुम्हाला हवा तितका वेळ तल्लीन व्हा. जोपर्यंत ध्यान संपले आहे असे तुम्हाला वाटत नाही, तोपर्यंत ध्यानस्थ राहा.

हार्टफुलनेस प्रार्थना

हे नाथ! तूच मानवजीवनाचे वास्तविक ध्येय आहेस.

आम्ही अद्यापही इच्छांचे गुलात आहोत, ज्या आमच्या उन्नतीमध्ये बाधक आहेत. तूच एकमात्र ईश्वर आणि शक्ति आहेस, जो आम्हाला त्या स्थितीपर्यंत नेऊ शकेल.

आता मनातल्या मनात हे शब्द दुसऱ्यांदा उच्चार आणि त्या जाणीवेत अधिक खोलवर जा. शब्दांच्या मागे असलेली भावना तुमच्या मनात जागृत होऊ द्या. या प्रार्थनामध्ये ध्यानमत्र भावामध्ये स्वतःला विरघळून जाऊ या आणि तसेच झोपी जा. सकाळी हार्टफुलनेस ध्यान सुरू करण्याआधी शांतपणे प्रार्थना म्हणून स्वतःला पुन्हा एकदा जोडून घ्या.

सम्पर्क करें

9423132364

हार्टफुलनेस द्वारा तनावमुक्ति
का अनुभव करें

निर्देशानुसार बताई गई तनावमुक्ति की प्रक्रिया को सुनने
के लिये कृपया <http://heartfulness.org/en/video/> पर जायें।

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Hindi



ध्यान करना सीखें

Heartfulness
Through meditation, relaxation



हृदय की असीम सम्पदा को अनुभव करने का एक
सरल और व्यवहारिक तरीका

हार्टफुलनेस द्वारा तनावमुक्ति

हार्टफुलनेस का क्या अर्थ है?

हार्टफुलनेस का अर्थ है : अपनी वास्तविक प्रकृति की प्रसन्न और पुलकित अवस्था को महसूस करना और उसे अपने हृदय में अनुभव करना। जब हम अपने दिल की आवाज़ सुनकर अपनी अन्तःप्रेरणा का अनुसरण करते हैं तो अपने जीवन पर पूर्ण नियन्त्रण प्राप्त कर सकते हैं। हृदय पर ध्यान करके हम 'मन और हृदय' के बीच एकरूपता लाने का अभ्यास करते हैं। हार्टफुलनेस में बताये गये ध्यान के अभ्यास से हमारे व्यवहार और सोच में स्थाई बदलाव आता है। यह एक बहुत ही सरल, आसान और प्रभावशाली तरीका है जिसे आराम से अपने घर में ही बैठकर रोज़ाना किया जा सकता है।

'सहज मार्ग ध्यान' का अनुभव करें

हल्के से अपनी आँखें बन्द करें और सोचें कि आपके हृदय में दिव्य प्रकाश पहले से ही मौजूद है। उसे देखने की कोशिश न करें बल्कि धीरे से अपने हृदय में डूब जायें, और जो भी अनुभव हो उसका स्वागत करें।

इसे 30 मिनट तक करें।

अगर आपका मन इधर-उधर भागे तो धीरे से अपना ध्यान वापस हृदय पर ले आएँ।

- आराम से बैठ जायें और बहुत ही हल्के से अपनी आँखें बन्द कर लें।
- हम पैरों की अँगुलियों से शुरुआत करते हैं। अपने पैरों की अँगुलियों को घुमाएं। अब महसूस करें कि वे ढीली और तनावमुक्त हो रही हैं।
- अपने टखनों और पंजों को ढीला छोड़ दें। महसूस करें कि धरती से ऊर्जा ऊपर की ओर जा रही है... पंजों से ऊपर घुटनों की ओर... एवं पैरों को आराम पहुँचा रही है।
- अपनी जाँघों को ढीला छोड़ दें, ऊर्जा घुटनों से ऊपर की ओर जा है... और उन्हें आराम मग्न कर रही है।
- अब अपने कूल्हे... पेट... और कमर को एकदम ढीला छोड़ दें।
- अपनी पीठ को ढीला छोड़ दें। ऊपर से नीचे तक, आपकी पूरी पीठ आराम का अनुभव कर रही है।
- अपनी छाती... और अपने कंधों को ढीला छोड़ दें। महसूस करें कि आपके कंधे हल्के होकर सुखद एहसास में विलीन हो रहे हैं...
- अपनी ऊपरी बाँहों को ढीला छोड़ दें। आपकी कोहनी से नीचे, हथेली तक की सारी माँसपेशियाँ... अँगुलियों के पोरों तक... सभी आराम के एहसास में डूबी हुई हैं।
- गर्दन की माँसपेशियों को ढीला छोड़ दें। अपना ध्यान चेहरे पर ले आयें। अपना जगड़ा... मुँह... नाक... आँख... कान... चेहरे की माँसपेशियाँ... माथा... नीचे से सिर के शिखर तक... सब ढीला छोड़ दें।
- महसूस करें कि अब आपका पूरा शरीर हल्का होकर आराम के सुखद एहसास में डूबा हुआ है।
- अब अपना ध्यान हृदय की ओर ले आएँ। थोड़ी देर के लिये अपना ध्यान वहाँ टिकाये रहें। महसूस करें कि आपका हृदय प्रेममय और प्रकाशमय है।
- निश्चल और शान्त भाव से बैठे रहें, और धीरे से स्वयं में तल्लीन हो जायें।
- जितनी देर आपका दिल चाहे, तल्लीनता की इस अवस्था में रमे रहें।

इंदिरा गांधी कला-वाणिज्य महाविद्यालय कळमेश्वर,
जि. नागपूर

श्रेणी विभाग

अ.क्र.	गुणवत्ता	श्रेणी	गुण
१	अव्वल	O Grade	75% Above
२	प्रथम श्रेणी	A Grade	60% Above
३	द्वितीय श्रेणी	B Grade	50% Above
४	उत्तीर्ण	C Grade	40 % to 50%
५	अनुत्तीर्ण	F Grade	40% Belo



Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

INDIRA GANDHI ARTS & COMMERCE COLLEGE, KALMESHWAR

SESSION 2022-23

Value Added Course

Course Name: - YOGA & FITNESS TRAINING COURSE

MARKSHEET

S.N.	Name of the Students (B.A. 2 nd)	Writing Test	Viva	Total	Grade
1.	AACHAL MANOHAR THAKRE	15	7	22	A
2.	AAKANKSHA UTTAMJI MATE	22	5	27	O
3.	AARTI SUBHASH NIBUDE	19	4	23	A
4.	ABHIJIT RAJESH BANAIT	22	8	28	O
5.	ACHAL D. MOHARLE	19	4	23	A
6.	ACHAL RAMDAS BHOYAR	19	4	23	A
7.	AISHWARYA VILAS THAKRE	20	3	23	A
8.	AKASH RAJENDRA ASOLE	22	5	27	O
9.	AKNSHA C. TAPASE	19	3	22	A
10.	ANAMIKA RAJU PRATE	22	8	28	O
11.	ANKITA KRUSHNA KUKADE	19	4	23	A
12.	ANKITA SANGHAPAL MESHARAM	19	4	23	A
13.	ANUJ DEVANAND WANKHEDE	19	4	23	A
14.	ARTI PRAMOD ARODIYA	10	5	15	B
15.	ASHWINI HARIBHAU DODKE	19	4	23	A
16.	ASHWINI P. DHARMAMALI	19	4	23	A
17.	BHIRAVI TRYAMBK DAMBHARE	19	4	23	A
18.	CHAITRAN MANOHAR NIKURE	10	4	14	B
19.	CHANDRAKALA DEVRAJ KOHAD	20	3	23	A
20.	CHETNA ARUN GOWARDIPE	10	4	14	B
21.	CHETNA SUBHASH RADKE	19	4	23	A
22.	CHHAKULI UMESH DHAWAD	18	4	22	A
23.	DAMINI RAMESH LAMSE	18	4	22	A
24.	DASHRATH P. PUNATKAR	19	4	23	A
25.	DEEPIKA BABA BODHANE	19	4	23	A
26.	DHANANJAY VIJAY KHUSPARE	10	4	14	B
27.	DHANASHRI DILIP ROKDE	19	4	23	A
28.	DHANSHRI RAJU TAPRE	18	4	22	A
29.	DIP PRABHAKAR NITNAWARE	18	4	22	A
30.	DIPALI RAMCHANDRA DAHAKE	18	4	22	A
31.	GAYATRI PRAKASH SHRIKHANDE	19	4	23	A
32.	HARSHAL ASHOK MANDVGADE	19	4	23	A
33.	HARSHALI RAVINDRA BORKAR	10	5	15	B
34.	HIMANI GAJANAN DOIFODE	19	3	22	A
35.	HIMMAT VILAS KUKUTKAR	10	4	14	B
36.	INDIRAKUMARI P. CHHATRI	18	4	22	A
37.	JANAVI NARENDRA GAME	10	5	15	B
38.	JAYSHRI KRUSHNARAO RAUT	19	4	23	A

38	JAYSHRI KRUSHNARAO RAUT	15	7	23	A
39	KETAN ASHOK CHAUDHARI	15	7	23	A
40	KHUSHI PRASHANT SONTAKKE	22	5	27	O
41	KSHITIJ SANJAY BANSOD	19	4	23	A
42	LAXMI RAMSING BAIS	19	4	23	A
43	LAXMI VITTHALRAO MOHANKAR	15	7	22	A
44	MADHURI RAJENDRA MANKAR	22	8	28	O
45	MADHURI SURESH KUMBHARE	15	7	22	A
46	MAHALAXMI RAMSING BAIS	10	5	15	B
47	MAHESH SANJAY NIKAR	10	4	14	B
48	MAYUR HARICHANDRA BAMBAL	15	7	23	A
49	MAYURI GIRIDHAR NISHANE	10	4	14	B
50	MAYURI SUNIL THAKRE	10	4	14	B
51	MEGHA KRUSHNA TAPRE	10	4	14	B
52	MONIKA KOMAL NADITOD	10	5	15	B
53	MONIKA YUVRAJ DOIFODE	10	5	15	B
54	NEHA DILIP WANKHEDE	10	4	14	B
55	NEHA NAMDEORAO KAMDE	18	4	22	A
56	NIKHIL PANDURANG BAMBAL	22	5	27	O
57	NILAM KASHINATH SEVATKAR	23	5	28	O
58	PAYAL C. PIMPLSHENDE	18	4	22	A
59	PAYAL GOPAL TULE	18	5	23	A
60	POOJA BABULAL BANGDE	18	5	23	A
61	PRAJWAL BHOJRAJ TAPRE	18	5	23	A
62	PRAJWAL MEGHRAJ DONGARWAR	18	5	23	A
63	PRAJWAL VIJAY KADVE	18	5	23	A
64	PRAJWAL VILASRAO GAJBHIYE	22	5	27	O
65	PRANALI VASNAT DAHAT	18	4	22	A
66	PRANITA DHONDBAJI KOSURKAR	10	5	15	B
67	PRASHANSHA GANESH NIKOSE	10	5	15	B
68	PRATIK VIJAY WADHAI	10	4	14	B
69	RAGINI PRAMODRAO TIDKE	23	5	28	O
70	RAHUL SURESH MESHRAM	18	4	22	A
71	REVTESHWARI B. TURKAR	18	5	23	A
72	ROSHAN MANOHAR AGARKAR	18	5	23	A
73	ROUNAK NARESH TAMBE	18	5	23	A
74	RUCHIKA ISHWAR BAND	18	5	23	A
75	RUCHIKA SANJAY BAWANKAR	18	5	23	A
76	RUCHIKA SHIHUPAL BORKAR	22	5	27	O
77	SAHIL ASURAJ ZALKE	23	5	28	O
78	SAHIL PREMDAS SONKUSARE	23	5	28	O
79	SAKSHI CHANDRABHAN HOTE	23	5	28	O
80	SANJANA AJAY MADKE	10	4	14	B
81	SAPNA SANTOSH UIKEY	10	4	14	B
82	SHEJAL RAJENDRA GIRDE	19	4	23	A
83	SHREYA PRAKASH MISAL	10	4	14	B
84	SURAJ MANOHAR PARSE	10	5	15	B
85	SUSHMITA SANJAY KHEDKAR	19	4	23	A
86	TANMAY RATNAKAR WAROKAR	10	5	15	B
87	TEJASVINI DEVRAO KASRE	10	5	15	B

88	VAISHALI GANESH SURBHALAVI	20	7	27	0
89	VAISHANAVI C. ANTURKAR	19	4	23	A
90	VAISHANAVI SANJAY KALAMBE	19	8	27	0
91	VAISHNAVI LAKHAN MALGAM	19	4	23	A
92	VIJAY DILIP CHAUDHARI	19	4	23	A
93	VIKAS SUDHAKAR BAMBATKAR	21	6	27	0
94	VISHAL DIWAKAR REWASKAR	21	7	28	0

CO-ORDINATOR

Kamble
DR. RAJENDRA KAMBALE & PROF. R.H. GHODESAR

PRINCIPAL

Chikate
DR. AJAY CHIKATE
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

INDIRA GANDHI ARTS & COMMERCE COLLEGE, KALMESHWAR

SESSION 2022-23

Value Added Course

Course Name: - YOGA & FITNESS TRAINING COURSE

Marksheet

S.N.	Name of the Students (B.COM. 2 nd)	Writing test	Viva	Total	Grade
1.	AACHAL HARIBHAU TAKALKHEDE	15	7	22	A
2.	ACHAL SUNIL UKINKAR	20	7	27	O
3.	ADESH RANGARAO MANKAR	15	7	22	A
4.	ADITYA RAJENDRA SHROTE	20	7	27	O
5.	ANURAG MAROTI LONARE	20	7	27	O
6.	ASHISH RAMESH NANOTKAR	15	7	22	A
7.	BHAGYASHRI S. PUNATKAR	20	7	27	O
8.	BHARTI NANDUJI SATNURKAL	18	4	22	A
9.	BHUSHAN RAMAJI TEKADE	18	4	22	A
10.	BHUSHAN SHASHIKANT DANGE	18	4	22	A
11.	CHE TAN ASHOK ANJANKAR	18	4	22	A
12.	DHANSHREE VISHNUJI NAGPURE	18	4	22	A
13.	DIKSHA GAUTAM PATIL	18	4	22	A
14.	DIPALI ARUNRAO TONGE	18	4	22	A
15.	DIPALI SUDHAKAR SINGURKAR	18	4	22	A
16.	DISHA DIGAMBAR WANODE	18	4	22	A
17.	DIVYA SURESH KSHIRSAGAR	22	5	27	O
18.	DNYANESHWARI D. RAJURKAR	18	4	22	A
19.	GAURAV MURLIDHAR SAWARKAR	22	5	27	O
20.	HARSHA PRAKASH BADWAIK	18	4	22	A
21.	KAJAL RAJENDRA REWASKAR	18	4	22	A
22.	KAJAL SOMAJI TAGDE	18	4	22	A
23.	KALYANI SUDHAKAR BHOYAR	10	5	15	B
24.	KARAN RAMESH RAULKAR	18	4	22	A
25.	KARISHMA S. WAGARHANDE	10	5	15	B
26.	KARISHMA VITHOBA HEDAU	18	4	22	A
27.	KIRTI DIPAKRAO POHANKAR	10	5	15	B
28.	KIRTI PRALHAD BISORE	18	4	22	A
29.	KRUNAL DINESH DONGRE	10	5	15	B
30.	KUNAL NARENDRA SEVATKAR	18	4	22	A
31.	LAXMI ASHOK CHOUHAN	10	5	15	B

32.	MAMTA DNYNESHWAR TAPRE	18	4	22	A
33.	MAYUR GAUTAM GONDANE	10	5	15	B
34.	NANDA GOVINDA PARSE	18	4	22	A
35.	NANDINI ANILJI NEHARE	10	5	15	B
36.	NEHA RAJENDRA ASOLE	18	4	22	A
37.	NILESH SUNIL GAIKWAD	10	5	15	B
38.	NIKITA ASHOK MOHANKAR	18	4	22	A
39.	NIKITA VINOD NIKHADE	22	5	27	O
40.	PALLAVI RAJU GAIWAT	18	4	22	A
41.	PAYAL GIRIDHAR GOSWAMI	20	7	27	O
42.	PAYAL SUDHKAR TAPRE	18	4	22	A
43.	PIYUSH SHRAWAN SHORTE	20	7	27	O
44.	PRAJWAL JAGDISH KAMDE	18	4	22	A
45.	PRIYANKA SHYMRAOJI PARTEKI	20	7	27	O
46.	PUNAM KRUSHNAJI BHUSARI	18	4	22	A
47.	PUNAM PREMAHADUR CHATRI	18	4	22	A
48.	PUNAM SHALIK BAGDE	18	4	22	A
49.	RAJESHREE PRAMOD ZODE	18	4	22	A
50.	RAJNI RAVINDRA PUNATKAR	18	4	22	A
51.	RASHMI RAJENDRA GHADULE	18	4	22	A
52.	RENUKA NITESH BHOYAR	18	4	22	A
53.	SAGAR MAHADEO GIRI	20	7	27	O
54.	SAKSHI MORESHWAR PANCHABHAI	18	4	22	A
55.	SAKSHI SUBHASHJI DURBUDE	20	7	27	O
56.	SALONI WAMAN DAHAKE	18	4	22	A
57.	SAMITA MOHARILAL UIKEY	18	4	22	A
58.	SAMRUDDHI DIPAKRAO POANKAR	18	4	22	A
59.	SANGEETA SHALIK KAURATI	18	4	22	A
60.	SANKET MORESHWAR BHUSARI	18	4	22	A
61.	SAPNA MOGAL MAHATO	18	4	22	A
62.	SARPUJI SAYYAD NAJIYA	18	4	22	A
63.	SARTHAK RAJESH YAWALKAR	18	4	22	A
64.	SEJAL ANIL CHALKHOR	18	4	22	A
65.	SHABUTA ALLAUDDIN SHEIKH	20	7	27	O
66.	SHIVANI SURYAKANT NIBRAT	18	4	22	A
67.	SHRADDHA DADARAO UKE	18	4	22	A
68.	SHRADDHA GOKUL CHOURE	18	4	22	A
69.	SHUBHAM SANJAY PATIL	18	4	22	A
70.	SHWETA NARAYAN RAJURKAR	18	4	22	A

71.	SUHANI NAGORAO KALE	18	4	22	A
72.	SULOCHANA GAUTAM BHANGE	18	4	22	A
73.	SURAJ RAMJI REWASKAR	18	4	22	A
74.	SURAJ SHRAWAN WAGHDHARE	20	7	27	0
75.	SWAYAM TIKARAMJI GAWANDE	18	4	22	A
76.	TANNU PRAMOD RANGARI	10	5	15	B
77.	TANU GANESH WANKHEDE	18	4	22	A
78.	TRIVENI PRAMOD PANDHURNEKAR	10	5	15	B
79.	TULSA ASARAMJI NEHARE	18	4	22	A
80.	TUSHAR DEVIDAS RAGHUSHE	18	4	22	A
81.	VAISHANAVI ARVIND BALAPURE	18	4	22	A
82.	VAISHAVI TARACHAND THAKRE	10	5	15	B
83.	VANDANA BHORELAL MARSKOLE	18	4	22	A
84.	VIDYA GAJANAN HOTE	10	5	15	B
85.	VIJAYA GAJANAN KAMLAKAR	18	4	22	A
86.	VRUSHABH YUVRAJ KORDE	10	5	15	B

CO-ORDINATOR


DR. RAJENDRA KAMBALE & PROF. R.H. GHODESAR

PRINCIPAL


DR. AJAY CHIKATE
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

**INDIRA GANDHI ARTS & COMMERCE COLLEGE,
KALMESHWAR, DIST. NAGPUR**

**LIST OF STUDENTS WHO HAVE RECEIVED THE CERTIFICATE OF
YOGA AND FITNESS TRAINING COURSE**

CLASS B.A. IIND YEAR 2022-23

S.R.	NAME OF STUDENTS	SIGNATURE
1	AACHAL MANOHAR THAKRE	Achal
2	AAKANKSHA UTTAMJI MATE	mate
3	AARTI SUBHASH NIBUDE	A. Nibude
4	ABHIJIT RAJESH BANAIT	Banait
5	ACHAL DNYANESHWAR MOHARLE	Moharle
6	ACHAL RAMDAS BHOYAR	Abhoys
7	AISHWARYA VILAS THAKRE	thakre
8	AKASH RAJENDRA ASOLE	A. Asole
9	AKNSHA CHANDRASHEKHAR TAPASE	ACT
10	ANAMIKA RAJU PRATE	Prate
11	ANKITA KRUSHNA KUKADE	Kukade
12	ANKITA SANGHAPAL MESHRAM	Meshram
13	ANUJ DEVANAND WANKHEDE	Wankhede
14	ARTI PRAMOD ARODIYA	Ar. Arodiya
15	ASHWINI HARIBHAU DODKE	Dodke
16	ASHWINI PRABHAKAR DHARMAMALI	Dharmamali
17	BHIRAVI TRYAMBK DAMBHARE	B. Damhare
18	CHAITRAN MANOHAR NIKURE	Nikure
19	CHANDRAKALA DEVRAJ KOHAD	C. D. Kohad
20	CHETNA ARUN GOWARDIPE	Chetna Gowardiya
21	CHETNA SUBHASH RADKE	Chetna Radke
22	CHHAKULI UMESH DHAWAD	Chhawali
23	DAMINI RAMESH LAMSE	D. Lamse
24	DASHRATH PANDURANG PUNATKAR	P. Punatkar
25	DEEPIKA BABA BODHANE	D. Bodhane
26	DHANANJAY VIJAY KHUSPARE	D. Khuspare
27	DHANASHRI DILIP ROKDE	D. Rokde
28	DHANSHIRI RAJU TAPRE	D. P. Tapre

29	DIP PRABHAKAR NITNAWARE	D.P. Nitnaaware
30	DIPALI RAMCHANDRA DAHAKE	Dip Dahake
31	GAYATRI PRAKASH SHRIKHANDE	Gayatri
32	HARSHAL ASHOK MANDVGADE	Harshal
33	HARSHALI RAVINDRA BORKAR	HRS
34	HIMANI GAJANAN DOIFODE	Himani
35	HIMMAT VILAS KUKUTKAR	HVK
36	INDIRAKUMARI PREMBHADDUR CHHATRI	Indira
37	JANAVI NARENDRA GAME	Janavi
38	JAYSHRI KRUSHNARAO RAUT	Jayashri Krushnarao Raut
39	KETAN ASHOK CHAUDHARI	Ketan
40	KHUSHI PRASHANT SONTAKKE	Khushi
41	KSHITIJ SANJAY BANSOD	Kshitij
42	LAXMI RAMSING BAIS	Laxmi
43	LAXMI VITTHALRAO MOHANKAR	Laxmi
44	MADHURI RAJENDRA MANKAR	Madhuri
45	MADHURI SURESH KUMBHARE	Madhuri S. Kumbhare
46	MAHALAXMI RAMSING BAIS	FRBais
47	MAHESH SANJAY NIKAR	Mahesh
48	MAYUR HARICHANDRA BAMBAL	Mir Bambal
49	MAYURI GIRIDHAR NISHANE	Mayuri
50	MAYURI SUNIL THAKRE	Mithu
51	MEGHA KRUSHNA TAPRE	Megha
52	MONIKA KOMAL NADITOD	Monika
53	MONIKA YUVRAJ DOIFODE	Monika
54	NEHA DILIP WANKHEDE	Neha
55	NEHA NAMDEORAO KAMDE	Neha
56	NIKHIL PANDURANG BAMBAL	Nikhil
57	NILAM KASHINATH SEVATKAR	Nilam
58	PAYAL CHANDRASHEKAR PIMPLSHENDE	Payal Pimple
59	PAYAL GOPAL TULE	Payal Tule
60	POOJA BABULAL BANGDE	Pooja
61	PRAJWAL BHOJRAJ TAPRE	Prajwal
62	PRAJWAL MEGHRAJ DONGARWAR	Prajwal
63	PRAJWAL VIJAY KADVE	Prajwal
64	PRAJWAL VILASRAO GAJBHIYE	Prajwal

65	PRANALI VASNAT DAHAT	Pranali Dahat
66	PRANITA DHONDAJI KOSURKAR	<i>Pranita</i>
67	PRASHANSHA GANESH NIKOSE	<i>Prashansa</i>
68	PRATIK VIJAY WADHAI	Pratik Wadhai
69	RAGINI PRAMODRAO TIDKE	Ragini
70	RAHUL SURESH MESHAM	Rahul Mesham
71	REVTESHWARI BALKRUSHNA TURKAR	Revteshwari
72	ROSHAN MANOHAR AGARKAR	Rohan Agarkar
73	ROUNAK NARESH TAMBE	Rounak Tambe
74	RUCHIKA ISHWAR BAND	Ruchika
75	RUCHIKA SANJAY BAWANKAR	Ruchika
76	RUCHIKA SHIHUPAL BORKAR	Ruchika Borkar
77	SAHIL ASURAJ ZALKE	Sahil Zalke
78	SAHIL PREMDAS SONKUSARE	Sahil Sonkusare
79	SAKSHI CHANDRABHAN HOTE	Sakshi
80	SANJANA AJAY MADKE	Sanjana Madke
81	SAPNA SANTOSH UIKEY	Sapna Ukey
82	SHEJAL RAJENDRA GIRDE	Shejal
83	SHREYA PRAKASH MISAL	Shreya Misal
84	SURAJ MANOHAR PARSE	Suraj Parse
85	SUSHMITA SANJAY KHEDKAR	Sushmita Khedkar
86	TANMAY RATNAKAR WAROKAR	Tanmay Warokar
87	TEJASVINI DEVRAO KASRE	Tejasvini Kasre
88	VAISHALI GANESH SURBHALAVI	Vaishali
89	VAISHANAVI CHANDRASHEKHAR ANTURKAR	Vaishnavi Anturkar
90	VAISHANAVI SANJAY KALAMBE	Vaishnavi Kalambe
91	VAISHNAVI LAKHAN MALGAM	Vaishnavi Malgam
92	VIJAY DILIP CHAUDHARI	Vijay Chaudhari
93	VIKAS SUDHAKAR BAMBATKAR	Vikas
94	VISHAL DIWAKAR REWASKAR	Vishal Rewaskar

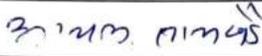
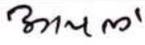
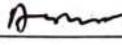
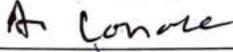
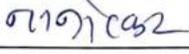
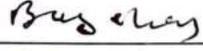
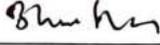
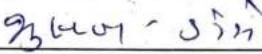
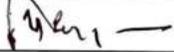
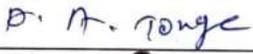
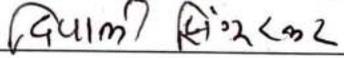
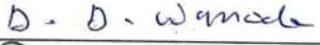
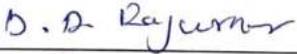
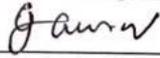
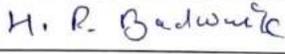
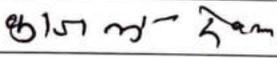
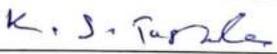
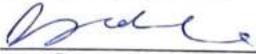
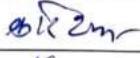
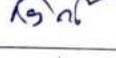
SIGNATURE OF CO-ORDINATOR

Principal
 Indra Gandhi Arts-Comm. College
 Kalmeshwar.

**INDIRA GANDHI ARTS & COMMERCE COLLEGE,
KALMESHWAR, DIST. NAGPUR**

**LIST OF STUDENTS WHO HAVE RECEIVED THE CERTIFICATE OF
YOGA AND FITNESS TRAINING COURSE**

CLASS B.COM. IIND YEAR 2022-23

S.R.	NAME OF STUDENTS	SIGNATURE
1	AACHAL HARIBHAU TAKALKHEDE	
2	ACHAL SUNIL UKINKAR	
3	ADESH RANGARAO MANKAR	
4	ADITYA RAJENDRA SHROTE	
5	ANURAG MAROTI LONARE	
6	ASHISH RAMESH NANOTKAR	
7	BHAGYASHRI SURENDRA PUNATKAR	
8	BHARTI NANDUJI SATNURKAL	
9	BHUSHAN RAMAJI TEKADE	
10	BHUSHAN SHASHIKANT DANGE	
11	CHETAN ASHOK ANJANKAR	
12	DHANSHREE VISHNUJI NAGPURE	
13	DIKSHA GAUTAM PATIL	
14	DIPALI ARUNRAO TONGE	
15	DIPALI SUDHAKAR SINGURKAR	
16	DISHA DIGAMBAR WANODE	
17	DIVYA SURESH KSHIRSAGAR	
18	DNYANESHWARI DADARAO RAJURKAR	
19	GAURAV MURLIDHAR SAWARKAR	
20	HARSHA PRAKASH BADWAIK	
21	KAJAL RAJENDRA REWASKAR	
22	KAJAL SOMAJI TAGDE	
23	KALYANI SUDHAKAR BHOYAR	
24	KARAN RAMESH RAULKAR	
25	KARISHMA SAHEBRAOJI WAGARHANDE	
26	KARISHMA VITHOBA HEDAU	
27	KIRTI DIPAKRAO POHANKAR	
28	KIRTI PRALHAD BISORE	

29	KRUNAL DINESH DONGRE	K. D. Dongre
30	KUNAL NARENDRA SEVATKAR	K. N. Sevatkar
31	LAXMI ASHOK CHOUHAN	J. A. Chouhan
32	MAMTA DNYNESHWAR TAPRE	Mamta Tapre
33	MAYUR GAUTAM GONDANE	M. G. Gondane
34	NANDA GOVINDA PARSE	N. G. Parse
35	NANDINI ANILJI NEHARE	N. A. Nehare
36	NEHA RAJENDRA ASOLE	N. R. Asole
37	NILESH SUNIL GAIKWAD	N. S. Gaikwad
38	NIKITA ASHOK MOHANKAR	N. A. Mohankar
39	NIKITA VINOD NIKHADE	N. V. Nikhade
40	PALLAVI RAJU GAIWAT	P. R. Gaikwat
41	PAYAL GIRIDHAR GOSWAMI	P. G. Goswami
42	PAYAL SUDHKAR TAPRE	P. S. Tapre
43	PIYUSH SHRAWAN SHORTE	P. S. Shorte
44	PRAJWAL JAGDISH KAMDE	P. J. Kamde
45	PRIYANKA SHYMRAOJI PARTEKI	P. S. Parteki
46	PUNAM KRUSHNAJI BHUSARI	P. K. Bhusari
47	PUNAM PREMAHADUR CHATRI	P. P. Chatri
48	PUNAM SHALIK BAGDE	P. S. Bagde
49	RAJESHREE PRAMOD ZODE	R. P. Zode
50	RAJNI RAVINDRA PUNATKAR	R. R. Punatkar
51	RASHMI RAJENDRA GHADULE	R. R. Ghadule
52	RENUKA NITESH BHOYAR	R. N. Bhojar
53	SAGAR MAHADEO GIRI	S. M. Giri
54	SAKSHI MORESHWAR PANCHABHAI	S. M. Panchabhai
55	SAKSHI SUBHASHJI DURBUDE	S. S. Durbude
56	SALONI WAMAN DAHAKE	S. W. Dahake
57	SAMITA MOHARILAL UIKEY	S. M. Uikay
58	SAMRUDDHI DIPAKRAO POANKAR	S. D. Poankar
59	SANGEETA SHALIK KAURATI	S. S. Kaurati
60	SANKET MORESHWAR BHUSARI	S. M. Bhusari
61	SAPNA MOGAL MAHATO	S. M. Mahato
62	SARPUJI SAYYAD NAJIYA	S. N. Sayyad
63	SARTIAK RAJESH YAWALKAR	S. R. Yawalkar
64	SEJAL ANIL CHALKHOR	S. A. Chalkhor

65	SHABUTA ALLAUDDIN SHEIKH	
66	SHIVANI SURYAKANT NIBRAT	
67	SHRADDHA DADARAO UKE	
68	SHRADDHA GOKUL CHOURE	
69	SHUBHAM SANJAY PATIL	
70	SHWETA NARAYAN RAJURKAR	
71	SUHANI NAGORAO KALE	
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81	VAISHANAVI ARVIND BALAPURE	
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83	VANDANA BHORELAL MARSKOLE	
84	VIDYA GAJANAN HOTE	
85	VIJAYA GAJANAN KAMLAKAR	
86	VRUSHABH YUVRAJ KORDE	

SIGNATURE OF CO-ORDINATOR

[Handwritten Signature]

[Handwritten Signature]
PRINCIPAL
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

75.	SWAYAM TIKARAMJI GAWANDE	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw
76.	TANNU PRAMOD RANGARI															
77.	TANU GANESH WANKHEDE	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Tw
78.	TRIVENI PRAMOD PANDHURNEKAR															
79.	TULSA ASARAMJI NEHARE	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr
80.	TUSHAR DEVIDAS RAGHUSHE	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr	Tr
81.	VAISHANAVI ARVIND BALAPURE	VP	VP	VP	VP	VP	VP	VP	VP	VP	VP	VP	VP	VP	VP	VP
82.	VAISHAVI TARACHAND THAKRE															
83.	VANDANA BHORELAL MARSKOLE	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm	Vm
84.	VIDYA GAJANAN HOTE															
85.	VIJAYA GAJANAN KAMLAKAR	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk	Vk
86.	VRUSHABH YUVRAJ KORDE															

Rajendra Kambale

Co-Ordinator

Dr. Rajendra Kambale & Prof R.H. Ghodeswar

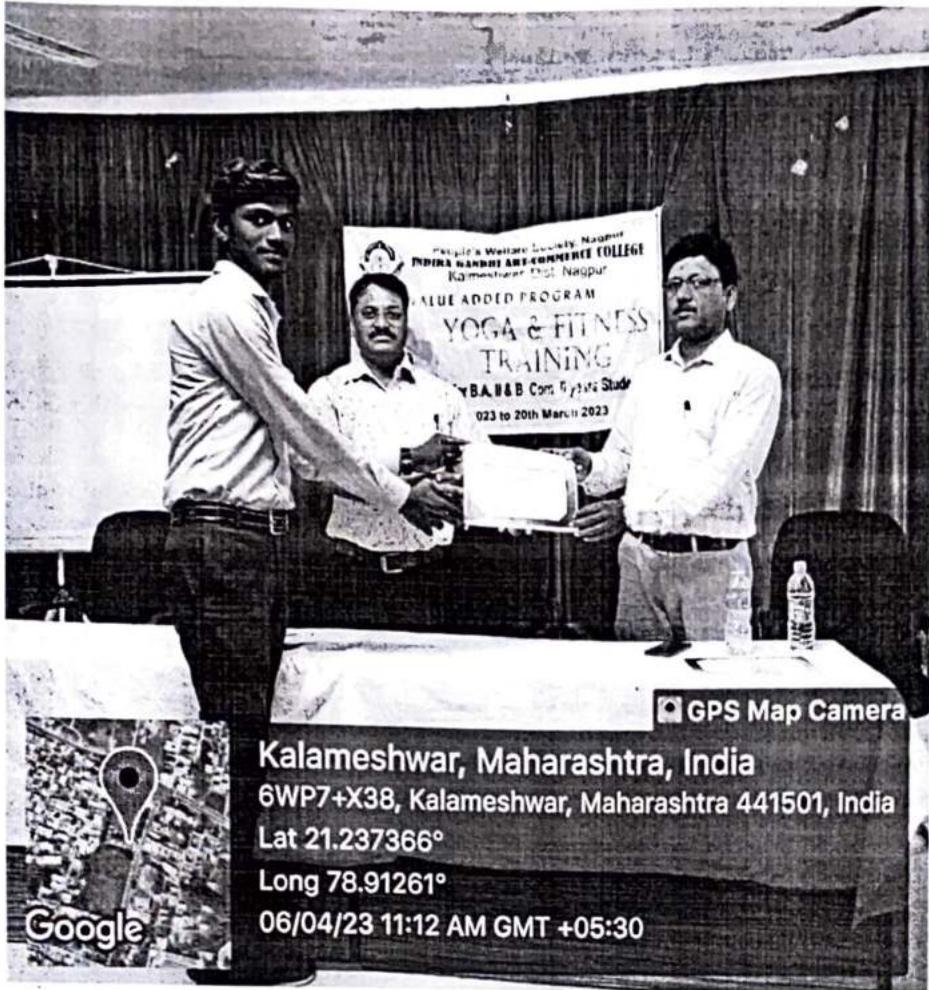
Ajay Chikate

Principal

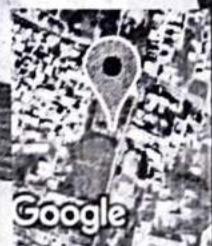
Dr. Ajay Chikate

Principal

Indira Gandhi Arts-Comm. College
Kalmeshwar.



GPS Map Camera
Kalmeshwar, Maharashtra, India
6WP7+X38, Kalmeshwar, Maharashtra 441501, India
Lat 21.237366°
Long 78.91261°
06/04/23 11:12 AM GMT +05:30



GPS Map Camera
Kalmeshwar, Maharashtra, India
6WP7+X38, Kalmeshwar, Maharashtra 441501, India
Lat 21.237365°
Long 78.912574°
06/04/23 11:10 AM GMT +05:30



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./Mrs./Ku. *Najiya Sarpu Sayyad*.....
..... of class *B.Com - II*..... Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in *YOGA AND FITNESS TRAINING*.....
during *01/03/2023 TO 18/03/2023*.....

Date: 19/03/2023

Najiya
Co-ordinator

Shirale
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./Mrs./Ku. Jayashri K. Raut.
..... of class B.A. II Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in Yoga and Fitness Training.
during 04/03/2023 To 18/03/2023.

Date: 19/03/2023

Manu
Co-ordinator

Di Kulkarni
Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

ICT/Computing skills



PEOPLE'S WELFARE SOCIETY'S, NAGPUR
INDIRA GANDHI ARTS AND COMMERCE COLLEGE

KALMESHWAR - 441 501. Dist.- NAGPUR

Hon. Dr. Madhukarrao Wasnik
Chairman (Ex. MLC)

Dr. A.K. Chikate
Principal

Ref.No. IGACCK / No.:

Date :

प्रति,

डॉ. निशा कळंबे

अर्थशास्त्र विभाग प्रमुख

इंदिरा गांधी कला वाणिज्य महाविद्यालय कळमेश्वर

विषय - Value added course कार्यक्रमांतर्गत कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर प्रमाणपत्र अभ्यासक्रम सुरु करण्याची परवानगी देण्याबाबत.

संदर्भ - 2 मार्च 2023 चे आपले पत्र.

बी.ए. तृतीय वर्षाच्या विद्यार्थ्यांसाठी अर्थशास्त्र विभागातर्फे आपण "कम्प्युटर टायपिंग आणि डी.टी.पी." या विषयावर प्रमाणपत्र अभ्यासक्रम सुरु करण्याची परवानगी मागितली आहे. विद्यार्थ्यांना कम्प्युटरचा योग्य व अधिक कार्यक्षम वापर कसा करावा या दृष्टीने 30 तासिकांचा अभ्यासक्रम सुरु करणे योग्य आहे. या पत्रान्वये प्रस्तुत अभ्यासक्रम 2022-23 या सत्रात सुरु करण्याची परवानगी अर्थशास्त्र विभागाला देण्यात येत आहे.

प्राचार्य

(डॉ. अजय चिकाटे)

Principal
Indira Gandhi Arts-Comm. College
Kalmeshwar.

प्रति,

मा. प्राचार्य

इंदिरा गांधी कला व वाणिज्य महाविद्यालय, कळमेश्वर

विषय - अर्थशास्त्र विभागातर्फे कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर Value Added Course अंतर्गत प्रमाणपत्र सुरु करण्याची परवानगी मिळण्याबाबत.

महोदय,

विद्यार्थ्यांना कम्प्युटरचा योग्य व अधिक कार्यक्षम वापर कसा करावा याची माहिती व्हावी या दृष्टीने बी.ए. तृतीय वर्षाच्या विद्यार्थ्यांकरिता सत्र 2022-23 मध्ये अर्थशास्त्र विभागाने कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर प्रमाणपत्र अभ्यासक्रम आयोजित करण्याचे ठरविले आहे. येत्या 6 मार्च 2023 ते 24 मार्च 2023 या कालावधीत प्रमाणपत्र अभ्यासक्रम सुरु करण्याची अर्थशास्त्र विभागाला परवानगी द्यावी ही विनंती.

धन्यवाद

दिनांक -03/03/2023

स्थल- कळमेश्वर

आपली विश्वासू

Academy

(डॉ. निशा कळंबे)

olc

Principal

Principal
Indira Gandhi Arts-Comm. College
Kolamshwar.

इन्दिरा गांधी कला - वाणिज्य महाविद्यालय कळमेश्वर
सत्र 2022-23

अर्थशास्त्र विभाग

बी.ए. तृतीय वर्षाच्या सर्व विद्यार्थ्यांना सूचित करण्यात येत आहे की, अर्थशास्त्र विभागाने कम्प्युटर टायपिंग आणि डी.टी.पी. या विषयावर Value Added Course अंतर्गत प्रमाणपत्र सुरु केला आहे. विद्यार्थ्यांना या अभ्यासक्रमासाठी आपली नावे नोंदवायची आहेत त्यांनी अर्थशास्त्र विभाग प्रमुख डॉ. निशा कळंबे यांच्याकडे आपली नावे 04 मार्च 2023 पर्यन्त संपर्क करावा.

प्रमाणपत्र अभ्यासक्रम दिनांक 06 मार्च 2023 ते 24 मार्च 2023 या कलावधीत होईल .



डॉ. निशा कळंबे

अर्थशास्त्र विभाग प्रमुख

**INDIRA GANDHI ARTS & COMMERCE COLLEGE,
KALMESHWAR, DIST- NAGPUR**

ECONOMICS DEPARTMENT

COMPUTER TYPING & D.T.P. CERTIFICATE COURSE

TIME TABLE : 06/03/2023 - 24/03/2023

6

TIME	DAY
11:30 to 1:30	MONDAY, TUESDAY, WEDNESDAY, THIRSDAY, FRIDAY, SATURDAY

5

Course name - Computer Typing & D.T.P.

COURSE OBJECTIVES -

- (1) To understand how to use computers properly and more efficiently.
- (2). D. T. P. To introduce various software on the reference computer
- (3) Practicing computer usage and typing in English language,
- (4) To understand how to use computer in Devanagari script.
- (5) To practice typing in Marathi/Hindi language.

Curriculum

Sr. N.	Main Topic / Sub Topic	Theory	Practicle	Total
01	Computer Introduction Emergence and History of Computer Weapons Different types and functions of computers Computers The need of today	1		1
02	proper use of computers How to use a computer Different parts of computer and their function Proper use of different parts of computer Input devices Key board (Input devices Mouse Input devices are scanners and multimedia output devices are screens Output devices are printers and disk writers	1 1 1 1 1		1 1 1 1 1
03	Take care of while using the computer How lighting should be in the computer room	1		1

	Where and how the computer should be placed	1		1
	The environment around the computer should be taken			

Sr. No.	Main Topic / Sub Topic	Theory	Practicle	Total
04	Seating arrangement while using computer	1	2	
	How to use the mouse correctly	1	2	
	How to use the keyboard correctly	1		
	Various computer software			
	What is software?	1		
05	Software requirements		1	
	Different types of DTP software			
	Computer and Information Science			
	Computer and Information Science	1		1
06	Internet and Information Collection	1		1
	Distribution of Information on the Internet	1		
	Various uses of the Internet			
	Computer usage			
	Various uses of computer	1		
	Introduction to Microsoft Office	1	2	1
	Microsoft Word and its use	1	2	3
07	Microsoft Excel and its uses	1	2	3
	Computers and data entry			
	Data entry in English on computer	1	2	3
	English Keyboard Introduction	1	2	3

08	English Typing Method Typing tutor	1	2	3
	Typing practice in Marathi/Hindi or Devanagari script		10	11
	Various software in Devanagari script	1		
	Shree Lipi Software Other Devanagari Software of Modular System	1	1	2
	C DAC's I Software	1	1	2

Sr. No.	Main Topic / Sub Topic	Theory	Practicle	Total
09	Mr. Lippi and his software			
	Introduction to Ankur Software	1	2	
	Devaratna Professional Software	1	2	
	Devanagari Word Processor 'Patrika' Introduction Using Patrika Software	1	11	12
10	DTP			
	What is DTP & its introduction.	1	1	2
	Introduction to software for practicle	1	1	2
	Total	30	55	58

Job and business opportunities-

1. Starting a local freelance data entry business.
2. Working on the data layout of the book.
3. Carrying out data entry work for a large publishing house.
4. Working as a computer operator in a company.
5. Doing small designing work.
6. Typing work in Marathi/Hindi language.
7. Working on designing independently.
8. Doing 'pre press' work in printing sector.
9. Performing data processing
10. Working of publications and periodicals.

**INDIRA GANDHI ARTS & COMMERCE COLLEGE,
KALMESHWAR, DIST- NAGPUR**

**Session 2022-2023
DEPARTMENT- ECONOMICS
Certificate course for B.A. final student**

Course name - Computer Typing & D.T.P.

Introduction -

Typing is the process of writing or inputting text by pressing keys on a typewriter, computer keyboard, mobile phone or calculator. It can be distinguished from other means of text input, such as handwriting and speech recognition. Text can be in the form of letters, numbers and other symbols. The world's first typist was Lillian Sholes from Wisconsin in the US the daughter of Christopher Sholes, who invented the first practical typewriter. User interface features such as spell checker and autocomplete serve to facilitate and speed up typing and to prevent or correct errors the typist may make.

Desktop Publishing (DTP) is the creation of electronic forms of information such as documents, presentations, brochures, books, or even website content using computer programs. DTP has evolved to be an important component of creating and disseminating information as it allows an amalgamation of various tasks that are generally performed independently at printing presses such as layouts, typesetting, graphic design, etc.

What is the objective of typing skills?

Objectives

- Increase typing speed.
- Increase spelling accuracy.
- Become more familiar and competent in using the keyboard.

STANDARD 1 : Students will understand the process of planning a document.

1 Students should understand the importance of preplanning a document in terms of audience, purpose, timeline, budget, page arrangement, and production method.

2 Students will use guides, grids, and columns to set up their documents as a way to create consistency and unity.

3 Students will understand that master pages are used to create consistency and increase productivity.

4 Students will understand that headers and footers contain recurring information and that they are used to help organize a publication.

5 Students will understand that slug space is a space outside the printed area in which you can place instructions that stay with our document.

STANDARD 2 : Students will expand on typography and design principles learned in DTP .

1 Students will develop an understanding of basic desktop publishing terminology (see teacher helps vocabulary list).

2 Students will understand that fonts can be used to portray the mood or message of a publication.

3 Students will use styles and style sheets for consistency and productivity within a publication.

4 Students will understand how to create type on and edit text paths.

5 Students will understand how to thread and flow text/frames.

6 Students will understand how to create pull quotes to enhance a document.

7 Students will understand the appropriate use of captions.

8 Students will understand the purpose and difference between the em dash and en dash.

9 Students will recognize widows, orphans, and ragged lines and use kerning, tracking, and proper hyphenation to correct them.

STANDARD 3 : Students will understand the proper use of color in publications.

1 Students will understand that there are two ways that color is added to a printed page: process color and spot color.

2 Students will create variations of color using tint, patterns, gradients, and opacity.

3 Students will understand the difference between the screen color (monitor vs. printed document) and print color.

STANDARD 4 : Students will optimize images to enhance publications.

1 Students will understand the file extensions that are compatible with professional desktop software.

2 Students will understand how to use standoff space.

3 Students will determine whether an image is acceptable for print based on its resolution. Objective 4 Students will create frames using different shapes and sizes.

5 Students will be able to resize an object while maintaining aspect ratio.

6 Students will learn touch-up techniques to enhance images.

STANDARD 5 : Students will demonstrate an understanding of ethics related to the use of images and text.

1 Students will understand the difference between royalty-free and copyrighted images and text.

2 Students will understand the process of obtaining and citing permission for copyrighted works.



GPS Map Camera

Nagpur, Maharashtra, India

4345+H2V, Khajla, Nagpur, Maharashtra 440025, India

Lat 21.106577°

Long 79.05768°

15/03/23 11:24 AM GMT +05:30





Nagpur, Maharashtra, India

4345+H2V, Khamla, Nagpur, Maharashtra 440025, India

Lat 21.106595°

Long 79.057598°

29/03/23 10:37 AM GMT +05:30

Google



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./M/s./K/s. Baljitsingh Nirankar
Singh Bawri of class B.A. Final Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in Computer Typing & D.T.P.
during 06.03.2023 to 24.03.2023

Date: 24.03.2023

Acalambe
Co-ordinator

Shirak
Principal



People's Welfare Society, Nagpur
INDIRA GANDHI ARTS-COMMERCE COLLEGE
Kalmeshwar, Dist. Nagpur

Certificate

This Certificate is awarded to Mr./M/s./Ku. Shweta Narayan
Khadse of class B.A. Final Indira Gandhi Arts &
Commerce College, Kalmeshwar for successfully completing Value Added Program
Certificate Course in Computer Typing & D.T.P.
during 06.03.2023 to 24.03.2023

Date: 24.03.2023

M. Calamba
Co-ordinator

Prakash
Principal